

Lap Band Final Phase

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The last phase for Just After Lap Band when it comes to the specific diet will be the return to foods that involve carbohydrates. Until that time is reached, lap band patients should stay away from items like bread, rice and other foods that contain high starch limits.

Within two years of Lap band surgery, a number of patients will normally witness a 50 to 60 percent decline in their excess body weight.

Some patients might also be advised to take part in a specific exercise program, along with behavioral-modification therapy.