

Lap Band Post Surgery

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After lap band surgery, patients will start with a special diet that includes liquids only. Patients will then move on to soft foods and pureed foods over the coming weeks, before returning to some more normal eating patterns.

In Lap Band Life After the nutrition plan can also include vitamin supplements, prescribed by one's surgeon and/or nutritionist. Some items that patients will need to avoid include spicy foods and carbonated beverages.

An exercise program that can include walking and swimming will also help patients keep and take the pounds off following lap band surgery.