

Lap Band Follow Ups

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Following the lap band procedure, patients should expect to recover differently.

In most cases, patients following Lap Band surgery should be able to return to work within a week, with minor discomfort. This is one reason that lap band surgery is generally more preferred than a more invasive procedure like gastric bypass surgery.

After Lap Band Surgery patients will need to abide by a nutrition plan (which may include vitamin supplements) prescribed by their Lap Band surgeon and/or nutritionist.

In the majority of cases, the nutrition plan will likely include a liquid diet for several weeks, until the patient can tolerate soft foods, followed afterwards by solid foods. Some patients may also be told to work on a certain exercise program After Lap Band Surgery, to go with behavioral-modification therapy.