

Side Effects and Diet

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The first few days and weeks After Lap Band surgery prove important, as patients can go through a number of different side effects, including nausea and vomiting. Band slippage may also require a second Lap Band procedure.

A clear liquid diet will be one's initial requirement After Lap Band Surgery. Patients who often consume carbonated or caffeinated drinks will have to halt using these products for a minimum of three months, as they can produce uncomfortable gas and bloating.

After completing the clear liquids portion of one's recovery, a patient will then move on to soft foods that include soup, jello and at times even baby food. This next step will be decided as part of a patient's regular follow-ups with their doctor.

Patients will then be allowed to eat foods that can be mixed up in either a blender or food processor for consumption. Those foods in this category can include meats, proteins, salads and vegetables.

The last phase will be being able to return to foods that involve carbohydrates. Until that moment is accomplished, patients should stay away from items like bread, rice and other foods that contain high starch limits.

Patients also need to accept the fact that certain meats, spicy foods and rich dairy products might be off limits to them forever following Lap Band surgery. Check with one's doctor as to what is and is not acceptable.