

Lap Band Goals

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While what a patient eats after Lap Band surgery is important, the manner of eating and just how much food is also something to be aware of.

Patients will need to consume smaller meals and also eat slowly and with smaller bites. Remember, Lap Band patients have a smaller stomach to work with following lap band surgery, so they need to eat accordingly.

Within two years of lap band surgery, many patients will typically be able to report a 50 to 60 percent reduction in their excess body weight.