

Lap Band Decision

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Once a person has decided to go ahead with the Lap Band procedure, they should be sure to plan for the post-surgery period.

Items in the post-surgery category include what types of pain medicine one's doctor will need to prescribe for them immediately after and in the days following surgery.

Prospective Lap Band patients will also need to discuss ahead of time with their doctor and/or a nutritionist in the Lap Band Planning process on what their diet will be like in the days and weeks after lap band surgery.

When doing Lap Band Planning, people should make sure to plan for taking a few days off from work following the surgery and arranging for any needed care for children, etc. so they have the necessary time to recover at home before resuming their normal routine.

Finally, patients should prepare to be ready to begin or return to a strong physical fitness plan so that not only is the surgery they had working for them, but they are also exercising and living a healthy lifestyle in order to keep the pounds from returning.