

Post Lap Band

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Once an individual has made the decision to move forward with the lap band procedure, they should make sure to prepare for the post-surgery period.

Items in the post-surgery category involve what forms of pain medicine one's doctor will prescribe for the patient in the hours and days after the surgery.

The patient will also need to discuss ahead of time with their doctor and/or a nutritionist on what their post surgery diet will be like in the days and weeks following Lap Band Surgery.

Patients should also remember to plan for taking some time off from work after the surgery and arranging for any necessary care for children, etc. so they have the proper time to recover at home before resuming their normal lifestyle.

Finally, those interested in Lap Band Surgery should prepare to be ready to start or return to a good physical fitness plan.

While Lap Band Surgery can assist in losing weight, it is incumbent upon the patient to eat well and have a good exercise plan in place to keep the weight from coming back.