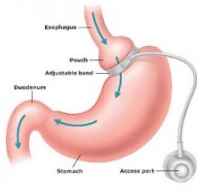


Eating Healthy After Lap Band Adjustments

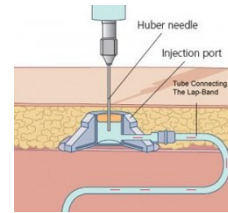


After undergoing lap band surgery, many patients would like to know how to eat after a band adjustment. Eating healthy after a band adjustment will prevent complications associated with band adjustments and help facilitate weight loss.

What is a band adjustment?

How do band adjustments work?

The purpose of an adjustment is to ensure that you feel satisfied when you eat and that you are losing weight gradually, about 1-2 pounds per week.



Tips on eating after a lap band adjustment

Dietary tips after adjusting your band

- The Lap-Band system is designed to restrict solids, not liquids in your diet. Liquids will pass through the reduced stomach pouch and after the first few weeks will not make you feel full.
- Drinking liquids during or immediately after meals tends to flush food through the pouch and you will not get the prolonged feeling of satiety needed to help you lose weight.
- Eating or drinking too much or too quickly will cause nausea or discomfort. You will learn over time how to adjust your eating habits so that this is less of a problem.
- It is common after surgery to not feel hungry. Remember that nutrition is crucial to your healing. You may need to remind yourself to eat.
- Keep yourself hydrated. Your goal is eight- 8 ounce glasses of clear liquids per day. Sip throughout the day. Many patients find a water bottle very helpful. **NO STRAWS OR SPORTS BOTTLES.**
- Too much food or big chunks of food can block the stomach pouch outlet. You can avoid this problem by chewing your food well and eating only small bites at a time. Your new stoma opening is about the size of a dime. Chew adequately so the food can fit through the opening.
- Eat only 3 meals a day. Your stomach can only hold 1-1/2 cup of food or 2-4oz at a time. Stop eating when your hunger is gone or you feel comfortable.
- Choose foods wisely. Since you can only eat small quantities, it is important to choose foods that provide nutritional value. Your priority is lean protein followed by fruits and vegetables. Choose whole grain over white carbohydrates.
- Add new foods slowly to your diet. This will make it easier to determine foods that are poorly tolerated. Do not get discouraged if you find you are not able to tolerate a particular food. Wait a week and then try it again. Eventually you will be able to tolerate most foods that you ate before surgery.

If you vomit within 48 hours after a fill, or if food gets stuck in your stomach, you will need to contact your surgeon or physician right away; these symptoms may indicate that your band is too tight. If your surgeon/physician is unavailable, report to the nearest emergency room.