

Lap Band Advantage

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Patients who have used the Lap Band Laparoscopic Surgery route to lose weight are oftentimes able to avoid an overnight hospital stay. The recovery period following the surgery is generally a few days before the individual can return to their normal routine.

One thing that is required with the Lap Band surgery is adhering to a strict diet in the first several weeks following the procedure. It will take time for the stomach to adjust to the Lap Band following Lap Band Laparoscopic Surgery. With that in mind, patients will begin the recovery period on a liquid diet.

Once a patient is done with the liquid diet, they will move on to a diet consisting of soft foods, followed by a diet that involves pureed foods. Eventually individuals who have had Lap Band Laparoscopic Surgery can eat most of the foods they did prior to the procedure. It is advised that patients avoid items like spicy foods and also carbonated beverages.