

Lap Band Review Weight Loss and Plastic Surgery in Los Angeles Top Surgeons

FAQ

- After my Lap Band surgery will I be able to eat right away?
- Will I be restricted to a specific type of diet after my Lap Band procedure?
- How long is the recovery process for Lap Band Surgery?

After the Lap Band is placed around the stomach, you'll need time to heal and adjust to the smaller size of your stomach. Your Lap Band surgeon will prescribe a liquid diet in the beginning of your recovery process. You can progress to soft foods, and then begin eating regular food.

You can eat whatever you want after the procedure. It makes sense to eat high calorie foods in moderation. Alcoholic drinks should also be consumed in moderation. Most Lap Band doctors suggest that you don't drink too much liquid while eating your meals. If you drink too much with your meal you could force food through the small stomach pouch. This could lessen the feeling of satiety that the Lap Band provides.

You can return home the same day of surgery and return to work or school in seven days or less. The Lap Band has a low rate of complications. Remember to give yourself time to get used to the Lap Band and limit any strenuous activity for awhile after the procedure.

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