

## Post Lap Band Meals

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Lap Band patients will need to follow a nutrition plan (which may include vitamin supplements) prescribed by their surgeon and/or nutritionist.

The plan will include a liquid diet for a one week, one week of pureed foods, followed afterwards by solid foods.

Patients who often drink carbonated or caffeinated drinks need not avoid them all together, but it is advisable to drink in moderation, as they can lead to uncomfortable gas and bloating.