

Lap Band Story

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The Lap Band Procedure involves a minimally invasive surgery that implants a lap band in one's upper portion of their stomach. The band limits the amount of food that an individual will consume at each sitting, thereby making for less weight gain over time.

Lap band surgery generally takes less than an hour and is done on an out-patient basis. The recovery time is normally just a few days, although individuals who go through with the Lap Band Procedure will need to be on a special diet in the weeks following the surgery.