

## Meals for Post Lap Band

### Meals for Post Lap Band

Lap band patients are required to follow a nutrition plan (which could include vitamin supplements) prescribed by their surgeon and/or nutritionist prior to the lap band surgery.

The Post Lap Band Meals plan will include a liquid diet for a few weeks, until the patient's stomach has adjusted and they are able to handle soft foods, followed afterwards by solid foods.

Lap band patients who have been known on a regular basis to consume carbonated or caffeinated drinks will be required to halt using these products for a minimum of three months, since they can trigger uncomfortable gas and bloating.