

## **Diet and LAP BAND Adjustable Gastric Banding Surgery**

The LAP BAND Adjustable Gastric Banding Surgery helps you lose weight by reducing how much your stomach can hold and lengthening the amount of time you feel full. The success of this process, however, also depends on how motivated you are and how committed you are to your goal of long lasting weight loss.

Practicing the LAP BAND diet principles even before your surgery will help you follow the after surgery diet changes quicker and easier. For at least 2 – 3 weeks prior to your surgery, you will need to follow a 1200-calorie diet. Then as part of your surgery preparation, for the 3 - 7 days just prior to the surgery you will be on a liquid diet.

After your surgery you will need a new diet. It is very important to follow the eating and drinking instructions you will be given right from the start following your surgery. While in the hospital initially following surgery, you will be given occasional sips of water or ice chips. On the day following surgery, a x-ray will be performed to confirm the location of the band and ensure there is no leakage from where the band is placed. After this x-ray is reviewed, Clear Liquids will be started and progressed to Full Liquids as tolerated. If the liquids are well tolerated, the patient is discharged home.

At home, you will continue on the Full Liquid diet for at least 2 weeks. Correct full liquid consistency would allow the liquid to be sipped through a straw – though this is not suggested. Avoid carbonated beverages as they will likely cause gas, bloating and pain. Ingestion of foods more solid than simple liquids will also likely cause you severe pain. You should begin on liquid or chewable multivitamin/mineral and calcium supplements. Following surgery your caloric goal will be to work up to and maintain 1200 calories per day. Your dietitian will instruct you on your protein goal.

Beginning 3 – 4 weeks after your surgery (or as long as 6 weeks depending on your tolerance), you will begin to add slightly thicker liquids and gradually work into a Pureed/Blenderized diet. Pureed foods should have a smooth, baby food consistency. During this time, you should be working towards including 3 small meals per day and liquids should be taken between meals. You will remain on the Pureed/Blenderized diet for about 2 weeks.

After 2 weeks of good tolerance to the Pureed/Blenderized diet but not before the 5<sup>th</sup> week following your surgery, you may begin to add soft foods. The Soft diet includes foods that are easy to digest and do not have any hard pieces such as nuts, seeds, chunks, or other solid or large pieces. Some foods such as breads (especially white), red meats or dry foods may be the most difficult things to digest. If these go down very easily the band is probably not tight enough and it needs to be adjusted. Again you should be including 3 small meals per day and liquids are taken between meals. You will remain on the Soft diet for at least 2 weeks and then progress gradually to a Regular diet.

At about 6 weeks following your surgery, you will probably have the first LAP BAND adjustment done. Your surgeon will determine the number and timing of the LAP BAND adjustments you have. Following an adjustment, you will need to return to the Full Liquid diet for 2 weeks. Then begin the progression to the Pureed/Blenderized diet for another 2 weeks and to the Soft diet for about 2 weeks before progression to the Regular diet. This process should be followed after each LAP BAND adjustment you have done.

The Regular diet should include a variety of foods to provide adequate nutrients. Variety means including vegetables, fruits, meat, bread/grains, and dairy products on a daily basis. Continue to eat 3 small meals per day and liquids are taken between meals. Your caloric goal remains 1200 calories per day. Remember people tolerate foods differently after surgery, so introduce new foods one at a time. As you progress on the Regular diet you can eat whatever foods you want and can tolerate *but in very small amounts*. Overeating, including high calorie beverages or foods and/or between meal snacks can all cause excess caloric intake and therefore decrease the success of the surgery and your weight loss.

Keep in mind a positive attitude is key to the success of this surgery. The LAP BAND Adjustable Gastric Banding surgery is a tool to help you achieve your weight control goal. It does not guarantee you weight loss. You must be ready and committed to making and continuing the appropriate diet changes to achieve your goal of losing weight and keeping it off.