

Post Lap-Band Surgery

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Along with the Lap Band Adjusting portion of the weight loss procedure, patients also are asked to take responsibility with a proper nutrition and exercise program.

Although patients who have had lap band surgery now have the tools in place for weight loss, it is important to eat properly and exercise following the procedure.

While individuals will eat less following the Lap Band procedure, they can still obtain the proper amount of nutrition through good eating.

A good exercise program will also help keep the weight off. The lap band procedure alone will not take the weight off; exercising is a key component of the entire process.

Many individuals who have had Lap Band surgery oftentimes report having more stamina and energy to exercise. It is not uncommon to hear of patients saying they can walk or run longer, play sports longer and just enjoy more time doing things with their families following lap band surgery.