

Lap Band Recovery and Diet

Lap Band Recovery and Diet

Once a patient has been sent home from the Lap Band procedure, they will start a new diet that can last several weeks or a month or more.

The diet following the Lap Band Procedure starts with an all liquid diet, then progress to a diet that will include soft foods and pureed foods.

Once this portion of the diet has been completed, patients will then move on to eat foods that can be shredded in either a blender or food processor for consumption. Those foods can include the likes of meats, proteins, salads and vegetables.

Patients finally move on to foods involving carbohydrates. It is important to avoid foods like bread, rice and other foods that involve high starch limits.