

Lap Band Exercise

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Patients who have had the Lap Band procedure should also partake in a good exercise program in order to keep the weight off. Individuals should consult with a nutritionist or a personal trainer before the procedure to set up a plan during recovery.

Those individuals who have had the Lap Band procedure can expect to lose anywhere from one to three pounds per week following the surgery

Within two years of the Lap Band Procedure, a large number of patients will usually witness a 50 to 60 percent decline in their excess body weight.