

Lap Band Follow Up

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In Life Following Lap Band, individuals need to remember that although the surgery was the major part of losing weight, it is not the only one. The patient has much responsibility on their plate as they need to stick to a good diet and also look into a solid exercise program to keep the weight off.

Once a patient has undergone lap band surgery, they are likely to head back to work within a week, seeing minor amounts of discomfort.

Individuals will need to stick to a nutrition plan (which may include vitamin supplements) prescribed by their surgeon and/or nutritionist.