



After Your Laparoscopic Gastric Band Is Adjusted

Guidelines to follow

When to Call for Help

Call for help (see “Who to Call” on this page) if you:

- Cannot swallow
- Have nausea and vomiting that is ongoing or that comes and goes
- Cannot keep liquids down
- Cannot handle solid foods when you start eating them again
- Have symptoms of reflux, such as burping, heartburn, or stomach discomfort

Eating Guidelines

On the Day of Your Adjustment and for 1 Day After:

- Have only liquids (anything that can go through a straw).

On Days 2 and 3 After Your Adjustment:

- Eat a soft diet (foods you do not need to chew).

On Day 4:

- You may resume eating solid foods, as you can handle them.



On the day of your adjustment and for 1 day after, you may have only liquids.

Who to Call

- Weekdays from 8 a.m. to 4 p.m., call the nurse at the Weight Loss Management Center.....**206.598.2274**
- After hours and on weekends and holidays, call**206.598.6190**
Ask for the “Surgery O” resident to be paged.
- To make or cancel a clinic appointment, call.....**206.598.2274**

Losing Weight

Follow these tips to lose weight after your gastric band is adjusted:

- **Eat only 3 small meals each day.**
 - Have ½ to 1 cup of food at each meal.
 - Eating too much can stretch your stomach pouch.
- **Eat slowly and chew well.**
 - Take at least 15 to 20 minutes to eat your meal.
 - Take small bites.
- **Stop eating as soon as you begin to feel full.**
 - How little can you eat and be satisfied?
- **Do not drink liquids while you are eating.**
 - Avoid liquids for 30 minutes before eating and 60 minutes after eating.
 - The lap band works only if you eat solid food. Drinking with your meal may cause the food to become liquid more quickly.
- **Do not eat between meals.**
 - Snacking is the main reason people do not lose weight after having a gastric band adjusted.
- **Eat only high-quality, nutritious foods.**
 - Focus on eating lean protein (meat, fish, dairy, eggs), fresh vegetables, fruits, and grains.
 - Avoid high-fat and high-sugar foods.
- **Drink lots of calorie-free liquids BETWEEN meals.**
 - Your goal is to drink 64 ounces (2 quarts) every day.
 - You may have up to 16 ounces of skim milk a day.
- **Exercise for at least 30 minutes every day.**
 - Exercise burns calories. You must exercise to reach your weight-loss goals.
- **Get support from others.**
 - Attend a weight loss support group.
 - See a counselor, if needed.
- **Follow up in the Weight Loss Management Center regularly.**
 - Schedule visits every 1 to 2 months in the 1st year after your gastric band is placed.
 - Come in for follow-up visits every 3 to 4 months after the first year.

Questions?

Your questions are important. If you need help, call one of the phone numbers listed on page 1.