

Recovery and Diet

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Once an individual returns home from lap band surgery, they will begin the process of a new diet that can run several weeks or a month or more.

The diet following the lap band procedure begins for the patient by means of an all liquid diet, then progresses to a diet to include soft foods and pureed foods.

Once this portion of the diet has been finished, patients are then able to go on to foods that may be mixed in either a blender or food processor for eating. Foods in this part of the diet can include such items as meats, proteins, salads and vegetables.

Patients then are able to move on to foods involving carbohydrates.

One of the many important reminders for lap band surgery patients in the post recovery period is that they should avoid foods like bread, rice and other items that involve high starch limits.