

Lap Band to Success

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With the lap band surgery, individuals not only are on the road to losing weight provided they follow their doctor's instructions, but they also face less challenges with the surgery itself.

Lap band is minimally invasive (no stapling of the stomach walls), adjustable to meet the digestive needs of the individual, and can be reversed if need be. Another plus of lap band is that it does not alter the anatomy of the intestinal digestive tract.

Following lap band surgery, individuals will be on a strict diet for several weeks before returning to a more normal course of eating.

The diet is intended to allow the stomach area to recover from the procedure and also minimize weight gain.

Along with the diet, individuals who have had lap band surgery should prepare to have a good exercise program in place to assist in keeping the weight from coming back.