Lap Band Follow Up Instructions

Name: ____________________  Date:____________

1. **Diet**: Follow Dietitian’s handouts, Clears (Days 1-3), Full Liquids (Days 4-7), Purees (Week 2- Week 3), Solid Foods (Week 4 – Lifetime).

2. **Protein**: Aim for **60-80 grams per day**.

3. **Supplements**: Fusion 2x/day.

   If you do not want to take or cannot tolerate the Fusion vitamins take:
   - Multivitamin 1x/day
   - Calcium Citrate 500 mg 3-4x/day
   - Vitamin D 400-600 IU/day
   - Elemental Iron 50-100 mg/day

4. Acid controlling agents (Prilosec/Nexium) may be needed.

5. You may engage in progressive aerobic exercise, however please no heavy lifting (nothing over 10 pounds) for 4 weeks.

6. Please follow up with the Bariatric Care Center every 2 weeks after surgery, then monthly for the first year after surgery for band adjustments progress monitoring.

7. On the day of an adjustment, have clear liquids for the first 24 hours then full liquids for the next 24 hours to help with any swelling of the band for the first 3-5 days after an adjustment.

8. Reminder: It usually takes about 3-4 band adjustments to reach the “green zone.”

9. You should have a bowel movement at least every three days. You may need a glycerin suppository, fleet enema, stool softener or milk of magnesia for assistance.