

Lap Band Nutrition

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One of the most important aspects following Lap Band surgery is getting the proper amount of Lap Band Dieting and nutrition. The new diet can be worked out between the patient, their lap band specialist and/or a nutritionist.

A lap band patient will begin Lap Band Dieting that will consist of only liquids for the first week following the surgery.

During this portion of the recovery, one's stomach can only work with thin liquids. Those liquids that are available during Lap Band Dieting for a patient include water, fruit juices, milk (only skim milk), and chicken or beef broth, sugar free popsicles, and other similar items.