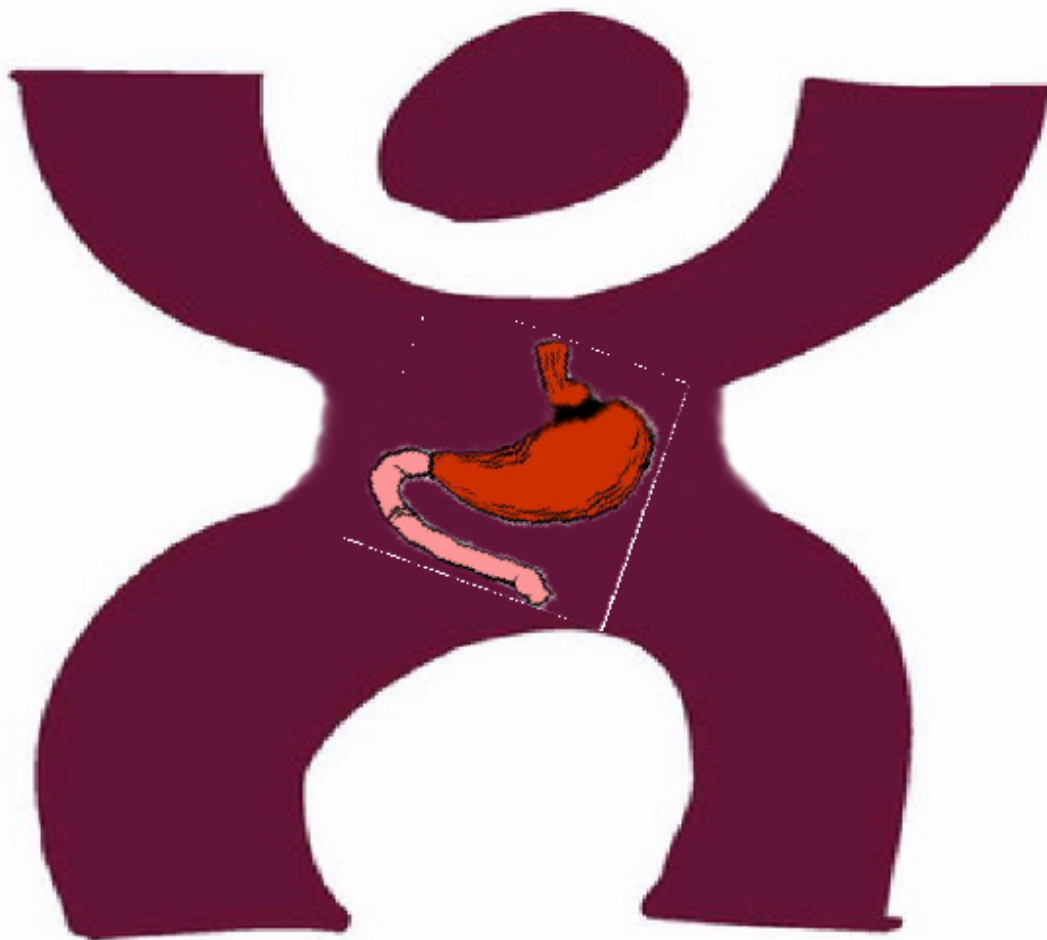


I HAVE A LAP BAND!!!

What the heck do I do now??

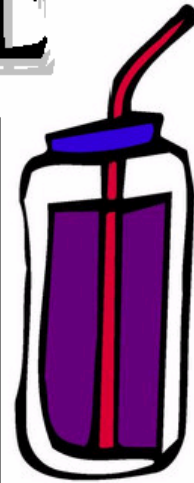


OBESITY SURGERY CENTER
OF LOUISIANA

Keith Chung, M.D. 337-433-1303 (Marcie)

THE LIQUID STAGE

- Immediately following your band surgery, you will be placed on clear liquids for the day of surgery until you go home.
- Starting the next day, you will gradually be able to add other liquid and pureed foods until you reach the level of soft solids.
- You must remain on what we call the liquid stage (which is actually pureed or soft foods) until your first fill.
- To ensure success of your band, you must stay on this liquid stage until your first fill. Any cheating will only end up cheating yourself in the success you can achieve!



WHY IS THIS STAGE SO IMPORTANT??

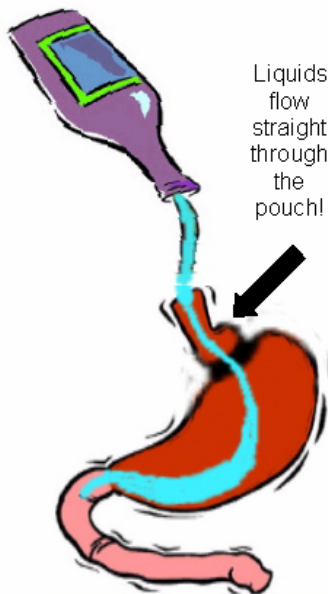
After the band is placed around your stomach, your body will begin the healing process. It will form a membrane of scar tissue around the band that will hold the band firmly in place, keeping the pouch size small. If you eat solid foods before the membrane is formed, you could possibly force the band further down on the stomach and thus create a bigger stomach pouch above the band. This would allow you to take in too much food at any one meal and would decrease your chances for weight loss.



No solid foods for 5 weeks until my first fill. After this time, I will be able to enjoy almost any foods. I will dedicate myself to this goal to ensure the long term success of my band. I owe it to myself!!

THE SOLID STAGE

- Immediately after your first fill of the band and after each subsequent fill, you will want to stay on the liquid diet for 24 hours..
- After your band has been adjusted for the first time, you will start what is called the solid stage.
- Each of your meals should consist of full solid food choices that will cause a sensation of fullness. Remember that liquids will run straight through the band.



STAY AWAY FROM LIQUIDS!!

After your first adjustment, your band should be firmly in place and will start functioning to restrict your food intake. Remember, though, that it will not restrict liquids as they will flow right through the pouch. So, you can cause your weight loss to stop or slow down if you are drinking high calorie liquids like cokes, malts or shakes, ice cream, etc. You can also cause weight loss to slow if you drink with your meals. When you drink liquids with your solids, it will help to wash the food out of your pouch. This will allow it to pass into the bottom portion of the stomach and you will not get that "full" feeling which is key to success. Try to choose high protein foods like meats and green vegetables. These will cause you to be full faster!

STEP BY STEP AND DAY BY DAY GUIDE:

Check off each step as you progress through the dietary additions.

- Days 1-2: Clear Liquids (32-64 ounces per day). Sip, Sip, Sip!
- Day 2: May add a protein drink or Sugar-Free Carnation Instant Breakfast made with Skim Milk.
- Day 3: Add full liquids including V-8 juice, cream soups thinned with skim milk, sugar-free yogurt.
- Day 5-6: Add apple sauce, sugar-free pudding, no sugar added Smoothies, bananas.
- Day 7 (one week): Add thin mashed potatoes, cream of wheat and baby foods. No grits, rice, pasta or peanut butter! Can add well cooked vegetables, vegetable soup and well cooked legumes (beans).
- Day 8-10: Add baked potato, oatmeal, soft boiled and scrambled eggs, cottage cheese and canned fruits (in light syrup). Can add low fat cheese to potatoes and eggs.
- Day 11-12: Slowly add fresh fruits. Chew well and eat slowly. Remember to continue your protein supplement and drink at least 48-64 ounces per day.
- Day 14 (two weeks): Slowly add baked fish, tuna (with no fat mayo), toast or crackers, small amount of rice, pasta, vegetables (except: asparagus, celery or corn) and whole grain cereals.
- Day 16-28 (approx 3-4 weeks): You will be ready to try baked turkey and chicken, as well as salads with light dressing. All meats must be moist (can add fat-free mayo) and chew, chew, chew!
- Day 35 (5 weeks): After first fill, you can start to slowly add ground beef, roast beef, ham and sausage. Steak only after 8 weeks.

RULES FOR GOOD EATING STRATEGIES AFTER YOUR BAND HAS HEALED:

PROTEIN

- Each meal should be high in protein. Meats, green veggies, eggs, peanut butter and beans are high in protein. Eat these foods first so that the majority of your meal is a high protein food.
- Protein goals are 50-70 grams per day.

FLUIDS

- No drinking water for 30 minutes before your meal or for one hour after your meal. Drinking will cause the food that is in the pouch to be washed down to the bottom portion of the stomach. The food in the pouch is what gives you a sense of fullness. If you wash this out, you will end up being hungry again too quickly.
- Good choices for fluids are any sugar free drinks including Crystal Light, Diet Sodas, Sugar-free Kool-Aid, Tang, Sugar-free Carnation Instant Breakfast and of course, water.
- Fluid goals are 64 ounces per day.

FOOD INTAKE

- Eat slowly and chew well! Take your time with each meal. If you swallow a piece of food too large (usually steak), it can get hung up in the band. Rarely, this requires a trip to the ER to remove it.
- Each meal should be 4-6 ounces at most and should take approximately 20-25 minutes.
- Food goals are no more than three meals per day, no snacking and try to remain below 1500 calories per day.

VITAMINS

- You should be taking a chewable multivitamin for the rest of your life to prevent any malnutrition! You should start taking vitamins immediately after surgery.