



# My New Life with LAP-BAND®

[www.gastricbandingprocedure.com.au](http://www.gastricbandingprocedure.com.au)



LAP-BAND®  
S Y S T E M

## Congratulations!

You've taken a big step toward enjoying a healthier life with the LAP-BAND® System – an advanced adjustable gastric banding system. While you may be significantly closer to achieving your weight loss goal, your journey is just beginning. The LAP-BAND® System doesn't work on its own – it is a tool to support you. You have an important role to play in your own weight loss success story. As you proceed, you'll not only need adjustments to your LAP-BAND® System, you'll need to make adjustments to your eating and drinking habits, as well as commit to increasing your activity level. This booklet is designed to help you transition, step by step, to the LAP-BAND® System way of life.

Be sure to keep this booklet in a safe and convenient place so you can refer back at any time.

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### Part 1 - A New Beginning

*A New Beginning* helps you transition from surgery to living with the LAP-BAND® System. It explains how to move gradually from small sips of water only, immediately after surgery, to liquids and then to soft foods over the weeks following your procedure. You'll also learn how having an adjustment 4–6 weeks after the procedure will allow the LAP-BAND® to better fit your specific needs, and what to expect during your first LAP-BAND® adjustment.

### Part 2 - Living With Your LAP-BAND®

*Living With Your LAP-BAND®* outlines long-term lifestyle changes to help you meet your weight loss goals. Refer to this booklet once you've had your first adjustment and have grown accustomed to eating solid foods again. It includes tips on eating right with the LAP-BAND® System, and offers examples of appropriate exercises you can do each day as you get closer to your desired weight. It also discusses additional adjustments you may need to optimise how the LAP-BAND® System works for you.



## We're with you every step of the way.

Congratulations again on taking this life-changing journey with us. The LAP-BAND® System has helped many patients finally reach their weight loss goals, and start living healthier lives. We remain committed to your long-term success, and look forward to helping you achieve your weight loss goals.

Sincerely,

Your LAP-BAND® System Support Team



# Part 1 - A New Beginning

Adjusting to the LAP-BAND® System the first few weeks after the procedure

Since the LAP-BAND® Procedure, Stephen's sense of well-being has improved and he can now enjoy work, travel and life.

Stephen lost over 45 kilos

## Achieving success

As a new LAP-BAND® System patient, you are well on your way to successful weight loss. And as exciting as your decision to move forward with the LAP-BAND® System is, it's important to know that, after the procedure, you have a significant role to play in achieving a healthier life. A *New Beginning* is designed to help you get off to a great start.

Inside this booklet, you'll find the guidance you need to make required changes in your diet and behaviour that will allow your post-procedure stomach to heal properly. Healing is more important in these first few weeks than losing weight. Some changes must be made immediately following your LAP-BAND® Procedure, while others will need to follow in the days and weeks ahead.

You'll also learn about LAP-BAND® adjustments, and get an overview of what to expect during these follow-up appointments.

You'll discover the importance of connecting with your surgeon and bariatric team, all of whom may have additional instructions for you. It's important to work closely with them, communicate openly, and follow their advice carefully. Call them promptly with any symptoms you may notice that could indicate a complication – especially once you're home from the hospital (you'll find a list of these symptoms on page 8).

After your first adjustment, and once you've healed and are ready to transition to eating solid foods, Part 2 – *Living With Your LAP-BAND®* will help you along the path to long-term weight loss.

**Please note:** The contents of this booklet are general recommendations only. Always refer to your surgeon's opinion on post-procedure matters, especially if you receive any conflicting information or advice.

## Adjusting to a new you

The transformation you're about to begin with the LAP-BAND® System isn't likely to be just physical.

Weight loss procedures can affect so many aspects of your life, and leave you with so much to think about, that your emotional progress may be just as significant as your weight loss progress.

Your post-procedure lifestyle – exercising, follow-up visits – may mean taking more time for yourself. And while you deserve it, having less time for family and friends may require setting boundaries that make you uncomfortable initially. Seeing you change how you look and what you eat may also make your loved ones uncomfortable, or be hard for them to accept at first.

You may start feeling differently about yourself, as well as within yourself. You may become more positive and confident, but may not be sure how to express these new feelings. You may feel anxious.

Other people might also start treating you differently. Perhaps they'll notice you more, or show you more respect. And as good as this feels, it may also upset you to recall how people treated you when you were overweight.

Finding ways to express and address your emotions can help make your transition a more enriching, positive experience. You can seek assistance from your healthcare professionals, the LAP-BAND® online support ([www.gastricbandingprocedure.com.au](http://www.gastricbandingprocedure.com.au)), or a support group for LAP-BAND® patients. Maybe you'd prefer to talk to a close friend, or write your thoughts and feelings down. Choose the support that's right for you.

It's now time to embrace your weight loss journey. We hope you find it emotionally and physically rewarding.





## What is the LAP-BAND® Procedure?

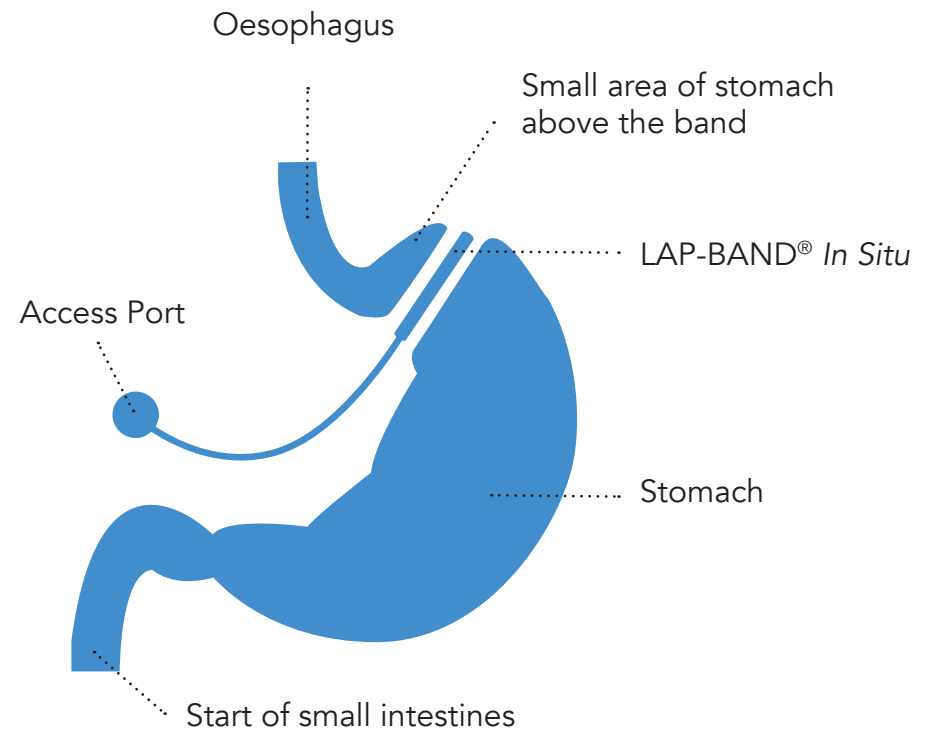
During the 30-45 minute procedure, a surgeon implants and fastens the LAP-BAND® around the upper part of the stomach. The LAP-BAND® is made of silicone and a 'balloon' lines the inside. An access port, connected to the LAP-BAND® by tubing, is placed in the abdomen wall, which allows saline solution to be added or removed to change the size of the band.

## How does the LAP-BAND® System work?

The LAP-BAND® System applies a constant, gentle pressure to the top of the stomach, sending a signal to the patient's brain that reduces appetite. This encourages satiety (a sense of fullness), even without food. With an optimally adjusted LAP-BAND®, patients should feel satisfied when eating a small healthy meal, 3 times per day.

The LAP-BAND® is connected by a tube to an access port fixed beneath the skin of your abdomen. This port is used to adjust your LAP-BAND®, by adding or removing saline solution from the band. This means the LAP-BAND® can be adjusted to best meet your personal needs.

Regular follow-up visits to your surgeon and bariatric team are key to achieving success with the LAP-BAND®.



## Immediately after surgery

### Now is a good time to set your expectations for the next several weeks

You should know that the first month after the procedure is a healing period. It is more important to let your stomach adjust to the LAP-BAND® than it is to lose weight in the first few weeks. Don't worry if you don't see significant weight loss right away. Remember, for successful and healthy long-term weight loss, aim to lose about 0.5-1kg per week.

Weight loss results will vary from patient to patient, and the amount of weight you lose will depend on several things. Most importantly, the LAP-BAND® needs to be at the right fill level, and you need to be committed to your new lifestyle and eating habits. This doesn't happen overnight.

In general, you'll want to follow the advice of your surgeon and/or dietitian about the foods you eat. With their guidance, in a few weeks you will slowly be able to move to solid food – and start seeing steady weight loss.

### Be aware of symptoms that may signal a potential complication

The LAP-BAND® System Procedure has a low rate of complications. As with all surgical procedures, there are some potential risks of complications. It's important to know the difference between normal body reactions to the procedure – like soreness at the incision site, gas and difficulty ingesting liquids – and signs and symptoms of a potential complication.





## Signs and Symptoms

**Note:** Some signs and symptoms could indicate a potential complication. If you experience any of the following, speak with your surgeon:

- Daytime or night-time reflux (regurgitation or heartburn)
- Vomiting after meals
- Difficulty swallowing
- Pain



## The first few days

### Water, liquids and walking

Right after your procedure, you can take an occasional sip of water or suck on an ice cube. Any more than this may cause nausea or regurgitation. The day after your procedure, you can drink a bit more water, but again, only a small amount at a time. In the next few days, along with water, choose thin liquids that have enough nutrients and kilojoules (energy or calories) to help compensate for the food you're not able to eat. You can drink liquids such as vegetable-fruit juices, meal replacement drinks,

nutrient drinks and drinking yoghurt. If you're unable to keep any fluids down, cutting back on how much you're drinking at one time should help. But if frequent or persistent regurgitation occurs, report it to your surgeon or bariatric team immediately.

In these first few days, you'll also want to walk around as much as you comfortably can to regain your strength and prevent blood clots. For more physical exercise, give yourself 2–3 weeks to recover first, and then take it slowly. While you may be ready to resume all your normal activities and start a new exercise programme in 4–6 weeks, you should consult your surgeon or bariatric team beforehand to ensure that your planned activity level is appropriate to your stage of recovery.

## What about food?

After the procedure, you will require a new, temporary diet for recovery. Your surgeon and/or dietitian can help you with the eating and lifestyle changes you need to make, so be sure to discuss these changes with them thoroughly.

A new diet is essential to your adjustment progress. It allows your body to adapt to the change, and allows the LAP-BAND® to remain in the right position. It may take a month or more for this process to happen. During this time, especially in the early weeks, you'll want to keep from stretching the small area of stomach above the LAP-BAND®. Regurgitation can stretch this area, and can also increase the chance of your stomach tissue slipping up through the LAP-BAND®.

## Regurgitation

Some LAP-BAND® patients may experience regurgitation following the procedure. But regurgitation at this early stage is a matter of not being able to keep liquids down. As you get used to living with your LAP-BAND®, regurgitation should stop or become much less frequent.

One or two episodes of regurgitation in the first couple of weeks are fairly common, but even so, they should only occur when you've taken in too much liquid and/or when you've been drinking too quickly. More persistent or unexpected regurgitation should be reported to your surgeon or bariatric doctor to rule out the need for an adjustment, or the possibility of a potential complication.

**Please note:** This information is an overview. Your surgeon may give you more specific instructions, so be sure to follow them.





"I can do things that I never thought I could do again. It's given me my life back."

Maree lost over 30 kilos



# Week 1

## Stick to a liquid diet

The goal during this early post-procedure period is to allow your body to adjust to the LAP-BAND®. Continue drinking water to keep hydrated (you could add low-kilojoule/diet cordial to your water), and add thin liquids that can be tolerated.

Recommended liquids during this phase include:

- Nutrition drink or meal replacement drink
- Thin homemade or purchased puréed soup (sieve if necessary to remove all lumps)
- Broth or clear soup (no lumps)
- Low fat milk drinks and/or low fat drinking yoghurt
- 100% pure fruit and/or vegetable juice

**Please note:** To help prevent or reduce the likelihood of being unable to keep liquids down, drink very slowly and be careful not to drink too much at once.



## Weeks 2 and 3

### Moving cautiously away from liquids

After the first week, your surgeon and/or dietitian may suggest that you move away from thin liquids towards mashed or puréed foods. This must be done slowly to avoid regurgitation and blockages.

Recommended foods during this phase include:

- Thick soups such as pumpkin soup or puréed lentil soup
- Puréed or mashed fruit (canned or fresh)
- Mashed vegetables
- Porridge or dry breakfast cereal made soggy with extra milk
- Smooth savoury mousse
- Puréed healthy meals

Ensure to serve small amounts, take small spoonfuls, and eat very slowly to help reduce any risk of regurgitation or discomfort.

### After week 3

Begin to experiment with a wide variety of foods, but chew well. Your small meals can now include tender, cooked foods such as fish, tender cuts of chicken (such as the thigh), mince meats, slow-cooked meat stews or casseroles, and tender-guaranteed

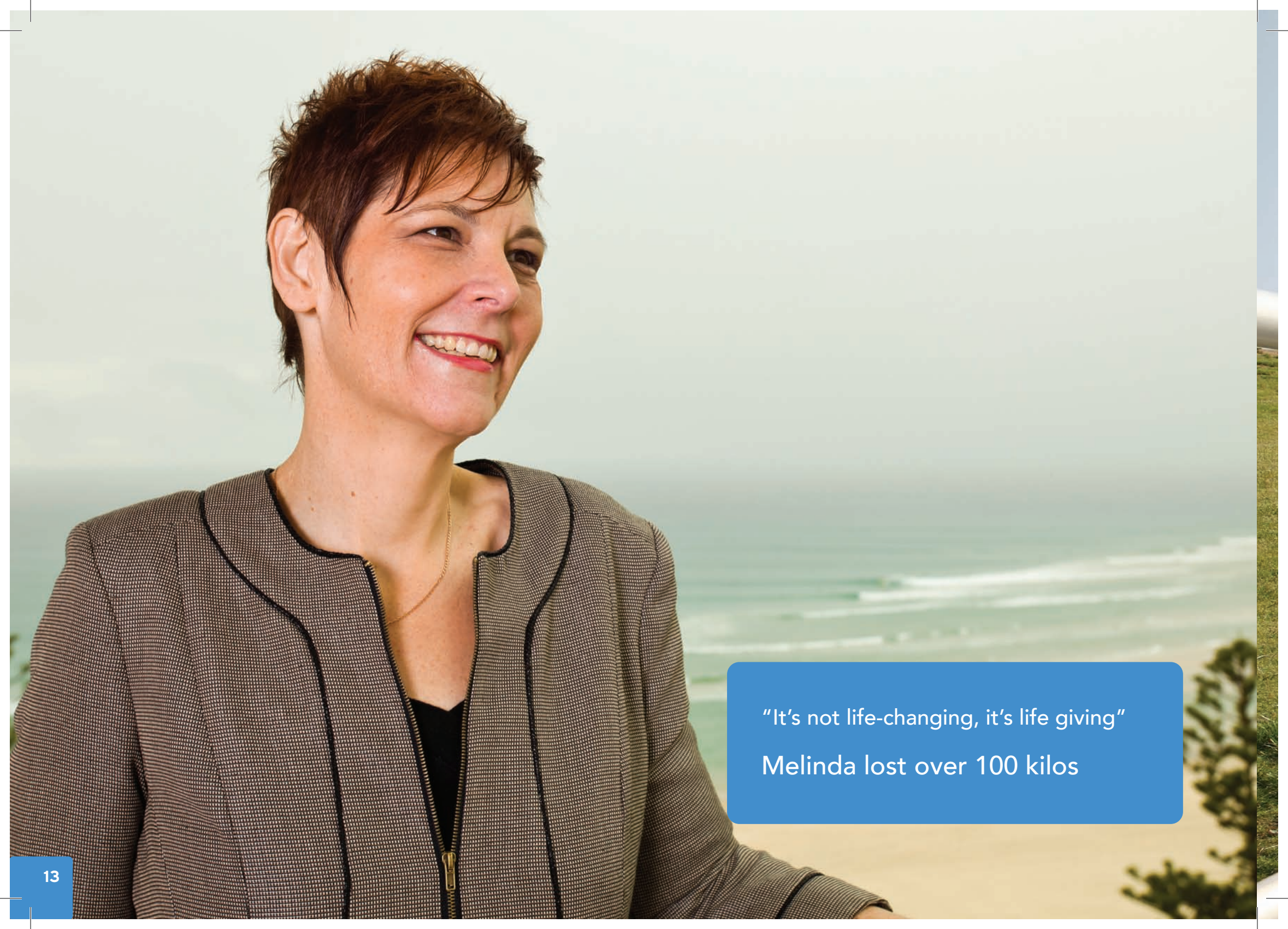


cuts of meat. Make it a habit to chew these foods thoroughly. If you have dentures, be sure to cut your food into small pieces beforehand. If you don't follow these precautions, you could experience nausea, stomach irritation and swelling – even an obstruction at the opening of the stomach. Advancing to heavier and more solid foods may also cause vomiting, which can increase the chances of band slippage, or stretching of the small area of stomach above the band.

If you have any of these problems with foods, stop eating them and go back to the liquid stage for a day or two and then move to the puréed/mashed food stage for a few more days. Then, slowly add solid foods again.

Once you have established a diet based on solid foods, you should stay with this permanently and avoid calorie-containing liquids. Be sure to ask your surgeon and/or dietitian for advice specific to your situation.





"It's not life-changing, it's life giving"

Melinda lost over 100 kilos



# Adjustments to the LAP-BAND® System

## The what and why of LAP-BAND® adjustments

An optimally-adjusted LAP-BAND® assists weight loss by providing a prolonged feeling of fullness, even after meals. The LAP-BAND® is connected to an access port, which is fixed beneath the skin of your abdomen. The access port allows your surgeon to adjust the LAP-BAND® System to meet your particular weight loss needs and progress. These adjustments are a normal part of your medical follow-up.

By inserting a fine needle into the access port, saline solution can be added to (or removed from) the band to find the right fill level of your band. If saline is added, it inflates the inner surface of the LAP-BAND® – this “tightens” the band by increasing the pressure at the top of the stomach. In contrast, if saline is removed this “loosens” the band, reducing the pressure at the top of the stomach.



The LAP-BAND® System journey is different for each person, as is the exact amount of fluid required to assist you in your weight loss journey. Ideally, post-adjustment, the LAP-BAND® should be just tight enough for you to lose weight gradually. You can learn more about achieving this balance – or being in the “Green Zone” – on page 39.

If your LAP-BAND® is too loose, it could mean that you won’t lose enough weight each week to reach your weight loss goals. In this case, your surgeon or bariatric doctor may tighten your band, which will help reduce the amount of food you eat and help you feel full sooner and stay full longer. On the other hand, if your LAP-BAND® is too tight, you’ll choose liquid calories and may not lose weight, or you’ll experience too much regurgitation. In this case, the doctor may loosen your band.

In addition, if you were to become pregnant, and your nutritional needs increase, the LAP-BAND® could be adjusted to help support your new diet.

Adjustments can be made either in the hospital or in your doctor’s office. Your surgeon may use X-ray to assist in locating the access port, to guide the needle into the port and to view the insertion of the needle.



**Please note:** Only a trained clinician can adjust the LAP-BAND® System. Never let an untrained clinician or a non-medical person adjust your band. To avoid complications or damage to the LAP-BAND® System, never try to make any adjustments yourself.





## Your first adjustment

When implanting the LAP-BAND® System, your surgeon may leave the LAP-BAND® empty to allow your body to adapt. During this time – the first few weeks after the procedure – be especially careful to avoid regurgitation, because it puts unwanted pressure on this area.

Once you've had a chance to live with the LAP-BAND® System for a few weeks, you and your surgeon may want to make an adjustment to the LAP-BAND® System to meet your specific weight loss needs. Your first adjustment usually takes place 4-6 weeks after the procedure, but this can vary from patient to patient.

You and your surgeon can determine the timing and fill level that's right for you. Key considerations will include your weight loss goals, the amount of food you can comfortably eat, your exercise routine, and how much saline is currently in the LAP-BAND®.



Kimberly's turning point was having her daughter and not being able to keep up with her. She really wanted to make sure she led by example. Thanks to the LAP-BAND® System, she now has so much more energy to play with her.

Kimberly lost over 20 kilos



**Please note:** To get the best results, you may need additional adjustments in the months to come. An ideal saline “fill” level should result in the LAP-BAND® System being just tight enough to let you lose weight gradually. In other words, you should be able to eat enough to get the nutrients you need while still reducing the overall amount you need to feel satisfied.

## The LAP-BAND® System, your healthcare team and you

### Success is a team effort

As you move forward, keep in mind that the LAP-BAND® doesn't work on its own. Success comes when you, your healthcare team and your LAP-BAND® all work together. And the partnerships you develop with your surgeon and bariatric team are the key to that success.

Communicating with them when questions or concerns arise – and following their advice and instructions – is always the right thing to do. They can even recommend post-procedure support groups that may be available to you in your area.

### Continuing your journey

This is a new beginning for you. And with the right healthcare support and lifestyle changes, it's one that can lead you to a healthier weight. We wish you lots of success, and *Part 2 – Living With Your LAP-BAND®* has been created to help you achieve it.

## FAQs

### Will I be sick a lot after the procedure?

If you feel nauseous or sick after eating, it may mean you need to chew your food more thoroughly, or follow the rules of your new diet more strictly. However, feeling sick could indicate a problem with the placement of your LAP-BAND® – so contact your surgeon or bariatric doctor if you feel sick regularly. In either case, chew your food slowly and as thoroughly as you can to help prevent vomiting or regurgitation – which can cause the small area of stomach above the band to stretch, or lead to slippage of part of the stomach through the LAP-BAND®. These scenarios could reduce the success of the operation or require an adjustment (to remove some of the LAP-BAND®'s saline). In some instances, another operation may be required.

### Will I be in pain after the procedure?

You may feel some pain around the incision sites, especially under the skin of the abdomen where the access port is placed. You may also experience pain and discomfort in your joints and shoulders. This pain is caused by gas – different from intestinal gas – that's lingering in the body after being used to inflate the abdomen during the procedure. It will go away, but it's important to walk around after your procedure to allow it to dissipate.

### How long is the average recovery period?

The average hospital stay is less than 24 hours. Typically, it takes about 1 week before you can return to work.

You can start your recovery by making sure you get out of bed and move around in the first 2 days after the procedure – even if you're just able to take a few steps at first. In the first 1–2 weeks,

walking is recommended as a simple way to start getting exercise and building up stamina. You can also try other light forms of exercise – for example, moving your arms up and down or, while seated, raising or stretching your legs. But give yourself at least a full month before you attempt anything more strenuous, like light aerobics. And always check with your doctor about the amount and type of exercise that is best for you.

### Will I suffer from constipation?

Because you will eat less food and fibre than before your LAP-BAND® Procedure, you may notice that your bowel output reduces both in volume and frequency. You will need to choose foods higher in fibre, and drink more water. You may also need a fibre preparation to prevent constipation – speak with your dietitian. If you have severe constipation, speak with your doctor and pharmacist. You may need something stronger.



## Will I need to take vitamin supplements?

It is not possible to eat all your vitamins and minerals when your food intake and calorie (kJ) intake is very low, whether you have a LAP-BAND® to lose weight, or not. Your dietitian will discuss the use of a general multi-vitamin/mineral supplement with you. In addition, your doctor may do some routine blood tests to check how things are going.

## What about other medications?

You should be able to take prescribed medications, but always ask your prescribing doctor or your pharmacist about this, as some large tablets/capsules may be difficult to pass through the LAP-BAND®. Your surgeon may tell you to avoid taking aspirin or other non-steroidal anti-inflammatory pain relievers, because they may irritate the stomach, which can cause the need for removal of the LAP-BAND® System.



## Is it okay if I drink alcohol?

Alcohol contains a high number of calories. It does contribute to excess energy intake and fat storage. An occasional standard drink of wine or other alcoholic drink may be acceptable - discuss this with your surgeon and/or dietitian. Alcohol interacts with some medications, so be sure to check this with your doctor as well.

## What should I expect at my first adjustment appointment?

You should expect to discuss your eating and exercise habits, and your rate of weight loss. This discussion will help determine whether or not it is the right time for you to have an adjustment. After the adjustment, your surgeon may want to check the small area above your band under X-ray, or your surgeon may simply confirm that you can comfortably take a sip of water.

## Do I need at least 2 or 3 mL of fluid in the band for it to work?

The LAP-BAND® System is designed to suit your individual needs. Because every person is different – some people need less fluid and some need more – there is no set formula to determine how much you need. Do not compare someone else's fluid fill to yours. Your surgeon or bariatric doctor needs to evaluate you and will consider:

- The size of the area above your band
- Your weight loss progress
- How and what you eat.



"Once I had my stroke, I thought I have just got to do this...It was the best thing I did!"

Baiba lost over 25 kilos



## What is the most important thing I need to know about adjustments?

Do not be in a hurry to have one too soon. The LAP-BAND® System offers you a way to achieve steady weight loss. Finding the right balance between losing weight gradually and receiving adequate nutrition is optimal. It's what we call being "in the Green Zone," and the purpose of adjustments is to help you get there. You should be able to eat small amounts of food with comfort. If your LAP-BAND® has too much fluid and is too tight, you will find it hard to get adequate nutrition. Also, you could have symptoms such as reflux (heartburn) or vomiting.

## How do I know if the LAP-BAND® is too tight or overfilled?

If the adjustment results in too tight a stomach opening, you could have a hard time eating most foods. Sometimes this causes people to avoid solid food and

instead drink liquid meals – but this can result in weight gain, especially if the liquid is high in calories. If the LAP-BAND® is too tight, it can cause reflux symptoms, particularly at night. It can also cause frequent vomiting. The opening into the larger stomach could become completely blocked and prevent you from being able to keep any food or fluids down. Should you develop these symptoms, notify your surgeon at once.

## How much does an adjustment cost, and will my private health insurance pay for it?

The answers to these questions will vary. Ask your healthcare professional or the clinic office manager.

## One final point:

It is important that you ask your surgeon all the questions you may have about the LAP-BAND® System. It is also essential that you follow his or her advice.

### Acknowledgements - PART ONE

*A New Beginning* was created with the help of LAP-BAND® System patients and the LAP-BAND® TOTAL CARE™ Program – a set of clinical and operational best practices that provides your healthcare team with the tools, information and support to give you the best care possible.

Developed exclusively by Allergan, the program is based on the worldwide experience of successful LAP-BAND® System surgical practices.



# Part 2 - Living With Your LAP-BAND®

Lifestyle changes for patients who are  
ready to eat solid foods



## You've come so far

This phase of your LAP-BAND® System journey to a healthier weight may be an exciting – and occasionally anxious – time for you. You may feel like you've never been closer to your weight loss goals, which can be thrilling and perhaps a bit intimidating. Maybe you're ready to embrace a new you, but are still uneasy about the changes that lie ahead.

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## We understand

To transition successfully to your new lifestyle, you will need to make emotional adjustments along with the physical ones. And because we want to ensure your success, we want you to receive all the support you need. Don't overlook your surgeon and bariatric team. They have developed insights from helping many LAP-BAND® System patients. And their collective experience may help you. Always feel free to discuss your feelings with them.

Connect with the community of thousands of people who have gone through what you are going through. So many of them are eager to share their stories and offer their support. You can join them online or in person. Ask your surgeon if a group meets in your area.

And now the next phase of your journey is about to begin. Remember that you are not travelling alone.

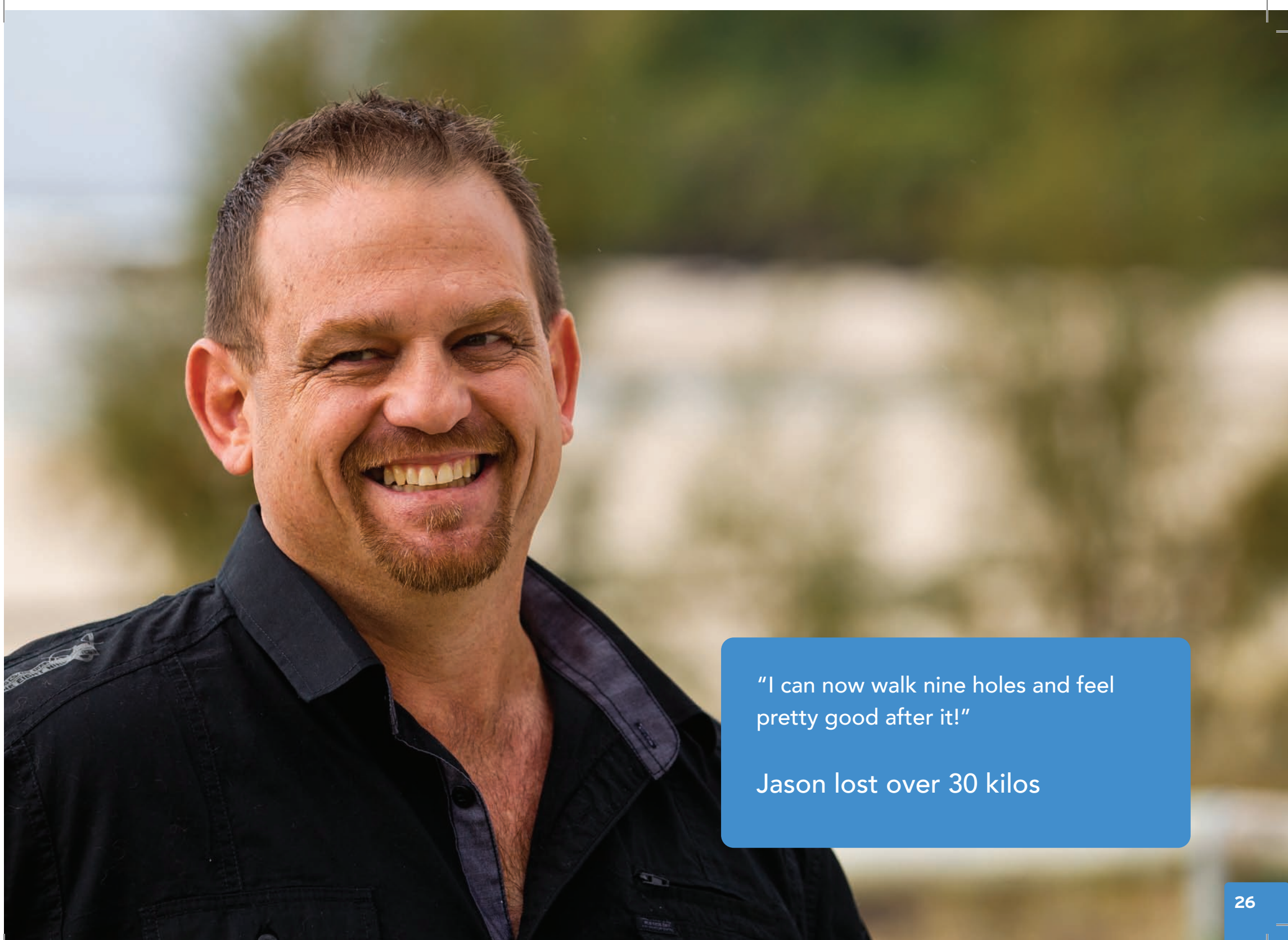


## The next phase of your journey is about to begin.

After you've had your first adjustment and can eat solid foods, you may be wondering, "What's next?". Part 2 - *Living with your LAP-BAND®* contains several recommendations. Of course, what's most important is to always follow your surgeon's instructions.

But first, congratulations! You've made it through an important transition period in your LAP-BAND® System journey, and are closer to achieving your weight loss goals. Now is the time to be dedicated to your new lifestyle, and that begins with healthy eating and the right level of activity.

**Please note:** The contents of this booklet are general recommendations only. Always refer to your surgeon's opinion on post-surgery matters, especially if you receive any conflicting information or advice.



"I can now walk nine holes and feel pretty good after it!"

Jason lost over 30 kilos

## Your new eating plan

Eating smart is the key to your success. Sometimes that can mean choosing different foods. It can also mean enjoying some old favourites, but in moderation. The LAP-BAND® System is designed to get you started living healthily ever after. Here's what you need to know:

- Because liquids can pass through the LAP-BAND® quickly, they will not make you feel full. So avoid high-calorie drinks from now on. Water, broth, tea and coffee (without sugar and not made with milk) are all good choices.
- Aim to eat about three small meals a day. Take small bites and chew your food well to avoid blocking the area above your band.
- Remember, you'll need to get plenty of nutrients from a small quantity of food, so eat smart. Have vegetables, meat, dairy products, whole fruits and grains or cereals each day.

In Part 2, you'll learn which foods contain the nutrients you need, and which foods to avoid. If you have any questions, don't hesitate to speak to your surgeon and/or dietitian about food choices.



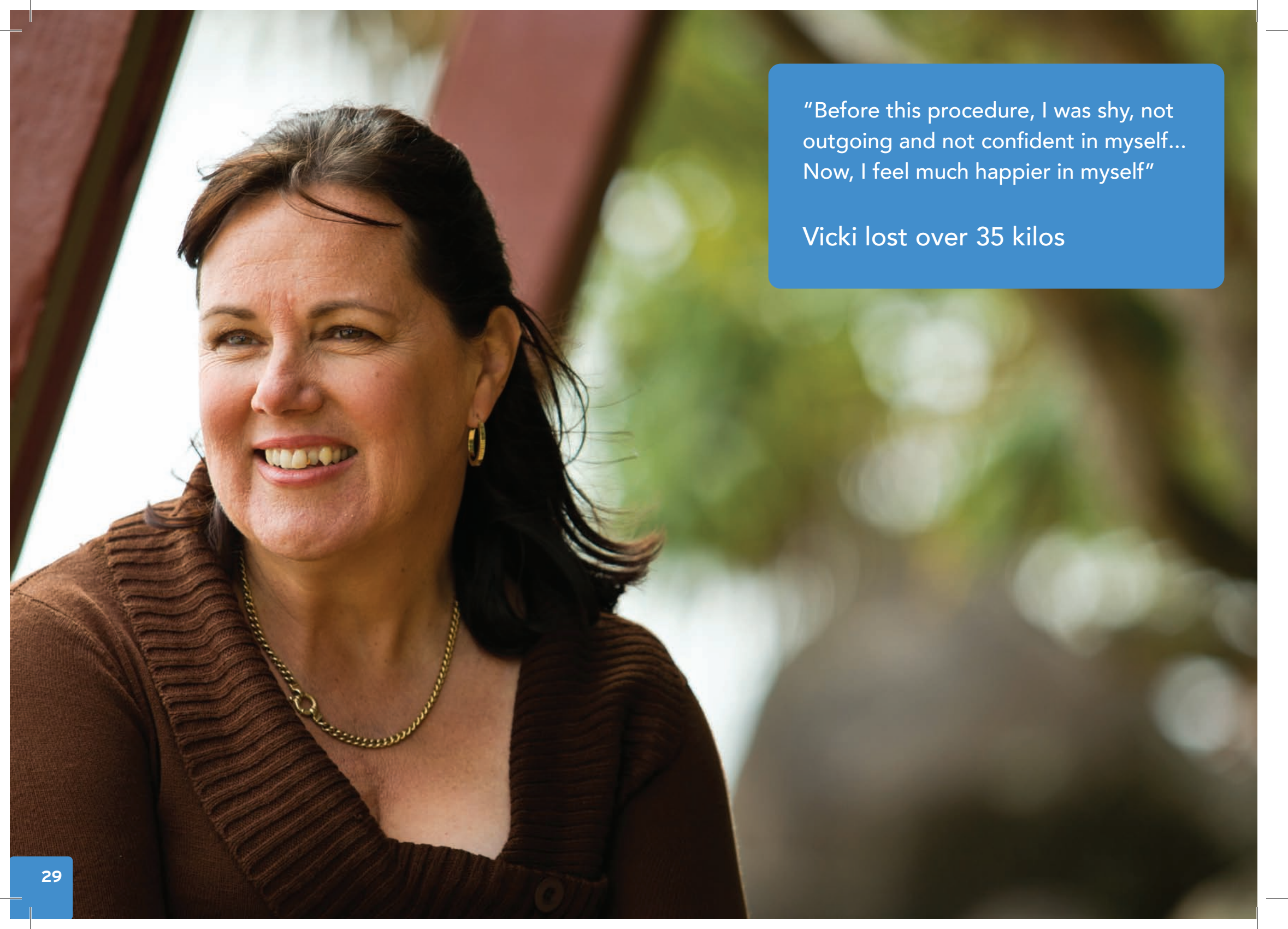




## Some easy but important rules

These nine rules for eating, drinking and exercising will help you achieve your goals with the LAP-BAND® System. Remember, your success depends on how willing you are to work with your LAP-BAND® and embrace a new way of life.

1. Aim to eat three small healthy meals a day
2. Eat slowly and chew thoroughly
3. Stop eating as soon as you feel full
4. Avoid grazing and nibbling
5. Eat only good-quality, nutritious food
6. Avoid fibrous food
7. Drink enough fluids during the day
8. Drink only low-kilojoule/low-calorie liquids
9. Try to be active for 30-45 minutes, 3-5 days per week

A woman with dark hair, wearing a brown ribbed sweater and a gold chain necklace, is smiling and looking slightly to the left. She is outdoors, with a blurred background of green foliage and a wooden structure.

"Before this procedure, I was shy, not outgoing and not confident in myself... Now, I feel much happier in myself"

Vicki lost over 35 kilos





## 1. Aim to eat three small meals a day

By structuring your eating, you may start to learn and recognise when you are no longer hungry, when you have had enough or too much to eat, and when you are still genuinely hungry. With an optimally adjusted LAP-BAND®, you should only be eating three small meals of good food, per day.

## 2. Eat slowly and chew thoroughly

Food can pass through the LAP-BAND® with ease only if it has been chewed into very small pieces. Always remember to chew your food very well and take more time for your meals. Try to make each meal last for 15–20 minutes.

## 3. Stop eating as soon as you feel full

Once you have eaten enough, your body receives a signal that you feel full. However, it takes time for you to become aware of this signal. If you rush through your meal, you may eat more than you need. This can lead to nausea and vomiting. Take time to eat and enjoy your meal. Try to recognise the feeling of fullness, and then put your utensils down. Trust that a small serve is enough.

## 4. Avoid grazing, nibbling and eating between meals

If you must eat between meals, plan

something small like a piece of fruit to take the edge off your hunger. Don't just casually nibble and graze on snacks. Indiscriminately eating snacks between meals is one of the major reasons for weight loss failure. It is very important to break this habit. Patients who are in the Green Zone should not feel hungry in between meals. If you do, this may be a sign that the LAP-BAND® requires an adjustment, or your meals are not textured or firm enough, and you should tell your surgeon and/or dietitian. You may drink zero-calorie liquids between meals.

## 5. Eat only good-quality, nutritious food

Your meals should be high in protein and complex carbohydrates. Don't eat junk food that lacks vitamins and other important nutrients. Avoid foods high in fat and sugar. Instead, choose fresh vegetables, meats, eggs, dairy, whole foods, fresh fruit and wholegrain cereals. Ask your dietitian before you take any vitamin supplements.



For more information on maintaining a healthy diet, see the section “Good food choices” on page 33.

## 6. Avoid fibrous foods

If you chew or cut your food up well and your LAP-BAND® is adjusted optimally so that you are in the Green Zone. However, fibrous food can cause problems for some people. Foods that contain many fibres, such as asparagus, can block the stoma. That's because you can't chew it well enough to break it up into small pieces and your saliva can't break it down. If you would like to eat asparagus or other fibrous foods once in a while, be sure to cook them well, cut them into very small pieces and then chew them thoroughly.

## 7. Drink enough fluids during the day

You need to drink large amounts of liquid every day. Water makes up a big part of your body's composition. Water is used in every cell to 'run' your body and you need

to replace it each and everyday to excrete waste products from your body.

Remember, the LAP-BAND® System has little or no effect on liquid foods. They pass through the band very quickly and therefore don't make you feel full. That means apples and oranges are okay, but avoid apple juice and orange juice.



## 8. Drink only low-calorie/low-kilojoule liquids

Drinks, including those containing calories, simply pass through the narrow outlet created by the band. If you drink

high-calorie/high-kilojoule liquids, even healthy ones like fruit juices and low-fat milk, you may not lose weight, even if you otherwise follow your diet. You should only drink water, tea or coffee without sugar, and low-kilojoule/diet/zero-calorie soft drinks/cordials.

## 9. Try to be active for 30-45 minutes, 3-5 days per week

This rule is important. Physical activity burns calories and is important to successful weight loss. And don't be intimidated by strenuous exercise regimens. Find activities that are rewarding and fun for you. After all, if you're not enjoying it, you won't keep doing it! For hints on how to get started, see the section “Physical activity tips” on page 37.

**Tip:** Make sure to keep your diet as varied and balanced as possible.

# Good food choices

A healthy diet will have items from each of the following food groups. Quantities and suggested foods for each group are included.





## Carbohydrates/Wholegrains

Wholegrains, that includes foods made from grains such as bread, cereal, crackers and pasta, are an important source of B vitamins, fibre and carbohydrate energy. Use them as the foundation for a couple of your meals each day. For example, one day, you might have porridge for breakfast and a wholemeal wrap for lunch, the next day you may choose toasted grain bread at lunch and brown rice for the main meal.

## Protein

Protein is an essential part of your daily diet. It is important for your muscle and immune system. Protein rich foods are satisfying in the stomach and help keep hunger away. The best sources of protein are meat (beef, lamb, pork, veal) fish, seafood, chicken, turkey, eggs, beans (legumes), and lentils. Remove all visible fat from meats. Remove the skin off poultry. Prepare the meat in ways that require very little fat, such as grilling, steaming, microwaving, or in a casserole. Include protein rich food at least twice a day.

## Dairy Products

Milk and yoghurt are liquid calories, so in theory they should be avoided. But these foods are an important source of calcium as well as protein, which makes them an important part of a healthy diet. How much dairy you need each day depends on your age, stage in life, and whether you are male or female - discuss this with your dietitian. Be cautious not to have too much milk and yoghurt as these pass through the band very easily leaving you hungry for something more. One serve of dairy equals 250 ml of low-fat milk, 200 g low fat yoghurt or 40 g cheese. Start with just two serves daily.

## Fruit and Vegetables

Vegetables, salad and fruit provide you with a wide range of essential nutrients that help to keep your body healthy. People who eat a diet high in vegetables, fruit and legumes have lower risks of heart disease, stroke and some cancers.

Focus on brightly coloured orange and green leafed vegetables and salad - these are particularly important for your health. Choose a variety each day. Good choices include pumpkin, carrot, red capsicum, orange sweet potato, broccoli, spinach, leafy Asian greens, brussel sprouts, cauliflower, and cabbage.

The starchy vegetables (potato, corn, white sweet potato) are not essential foods, so keep servings of these foods very small. Enjoy your fruit as natural as possible – that means, eat the entire fresh fruit (edible skin and pulp) rather than juice it. Juice passes through the LAP-BAND® very easily and will not take hunger away. Even 100% pure fruit juice is a poor choice after the LAP-BAND® System.

## Fats and Oils

Fats are the most concentrated source of kilojoules (calories) in the diet. Excess dietary fat is nearly all stored in the body, so you want to reduce your intake of fats from all sources. You need only a very, very small amount of fat in your diet.

Excess dietary fat will slow down your rate of weight loss. When you do use oil, margarine spreads or dressings, choose a product rich in polyunsaturates (sunflower, flaxseed, peanut, grape seed) or monounsaturates (olive, macadamia). You can have low-fat salad dressings and mayonnaise in moderation. Avocado, nuts and seeds have a naturally high fat content. It is very easy to over-eat avocado, nuts and seeds, so do not use these as snack foods. For best results, avoid deep fried foods, pastries, fast foods, biscuits, cream, and butter. These are high in saturated fat or trans fats, which are not great for your body. Limit your daily intake to, at the most, 1 flat tablespoon of oil or equivalent daily.

Note that 1 tablespoon of oil equals 1/3 of a small avocado or 30 g margarine spread or 2 flat tablespoons of nuts/seeds. You can enjoy low-fat salad dressings and low-fat mayonnaise in moderation.



## Drinks

Drink as many calorie-free liquids per day as you wish. Suitable drinks are:

- Water
- Non-carbonated beverages containing no calories - that includes low-kilojoule or diet cordial and still unflavoured mineral water.
- Tea or coffee, made with water and without sugar or honey (low-calorie sweetener is okay)

- Clear soup and broths occasionally
- Unflavoured soda water, sparkling plain mineral water, and low-kilojoule or 'diet' soft drinks are okay in theory to drink, but for some people with a LAP-BAND®, the fizziness causes discomfort. Some people report difficult burping.

Alcoholic drinks are liquid kilojoules (calories) and pass through the LAP-BAND® without stopping. Alcohol may stimulate your appetite. You may also relax too much around food, eat too quickly and forget to chew when you've been drinking alcohol. If you do drink, drink in moderation, such as a standard drink or less in a day. One standard drink equals 100 ml wine or 30 ml spirit or 60 ml port. But, ideally all liquid kilojoules ought to be avoided.

If you take any medications, speak with your doctor about whether alcohol is allowed.

If you are planning a pregnancy, are pregnant or breastfeeding, it is best that you do not drink alcohol.





"I liked the versatility, I liked the flexibility"

Mary-Anne lost over 30 kilos

# Not-so-good food choices

## Proceed with caution

Some foods have difficulty passing through the opening of the stomach and may cause a temporary blockage:

- Dry, tough meats
- Rubbery prawns (fresh prawns are often okay, but poorly defrosted frozen prawns become difficult to eat)
- Pasta or rice
- Stringy or hard to chew vegetables like corn, celery and asparagus
- Nuts
- Skins of some fruits and vegetables
- Pastries, greasy or fried food
- Dried fruit
- Popcorn
- Membrane of citrus fruits
- Untoasted or doughy bread

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## Steer clear

Some foods are not stopped by the LAP-BAND® and unfortunately will stall your weight loss if you eat them to excess. These include both crispy foods and soft meltable foods. Avoid items such as:

- Sweet biscuits
- Chocolates
- Ice-cream
- Crispy, snack foods (chips, corn chips)
- Lollies

This type of food has little or no nutritional value. Other nutritionally poor foods to avoid include pies, pastries, cakes, sweet bakery items, and deep fried foods.

**Please note:** Some patients have found that fizzy carbonated drinks make them feel uncomfortable. It's best to avoid these if this is the case for you. Alcoholic drinks should also be consumed in moderation.



## Physical activity tips

Along with the LAP-BAND® System, physical activity should be an important part of your weight loss journey. Staying active can not only contribute to weight loss, it can help increase your cardiorespiratory fitness and help you maintain your eventual weight.

Perhaps before your procedure, it was hard to be as active as you should have been. But now's the time to get started – take it slow and easy at first.

For example, stand rather than sit, walk rather than drive, take the stairs rather than the elevator. The more weight you lose, the easier this should get. Then, gradually increase your exercise level – swim, cycle or join a team sport.

Once you have healed from the procedure, it's recommended that you engage in moderate levels of physical activity: 30–45 minutes, 3–5 days a week.

The Australian Government Department of Health and Ageing recommends that all adults do a minimum of 30 minutes of moderate-intensity physical activity on most, and preferably all, days of the week.

But remember, always check with your surgeon or bariatric team about the amount and type of exercise that is best for you.



### Examples of very light activity:

- Standing activities
- Special chores like painting a room, pushing a wheelchair, ironing, cooking
- Playing a musical instrument

### Examples of light activity:

- Walking at a speed of 15 minutes per km
- Carpentry
- Cleaning the house
- Child care
- Table tennis
- Golf

### Examples of moderate activity:

- Walking at a speed of 9 minutes per km
- Weeding and hoeing a garden
- Cycling
- Skiing
- Tennis
- Dancing

### Examples of high activity:

- Walking at a speed of 6 minutes per km
- Walking with a load uphill
- Heavy manual digging
- Basketball
- Climbing
- Soccer/football

### You may also benefit from:

- Flexibility exercises to attain full range of joint motion
- Strength or resistance training
- Aerobic conditioning



## Additional LAP-BAND® System adjustments

To achieve your goals, you may need additional adjustments over time. During each, a very small amount of saline is added or removed from the LAP-BAND®. The exact amount required to reach the Green Zone differs from person to person. An ideal saline “fill” should result in the LAP-BAND® System being just tight enough to let you eat the right amount to get the nutrients you need, while still reducing the overall amount of food you need to feel satisfied.

The diagram (right) can help you recognise when you're in the Green Zone for gradual, healthy, long-term weight loss. If you're in the Red Zone or Yellow Zone, it's time for an adjustment. The LAP-BAND® System is an effective way to obtain steady weight loss, and adjustments are an important part of this process. But there's no hurry to have an adjustment before you're ready.



## Remember, slow and steady does it

Gradual, steady weight loss with the LAP-BAND® System can be healthy for you. Losing weight too quickly creates a health risk and can lead to a number of problems. The main goal is to have weight loss that prevents, improves or resolves health problems connected with severe obesity.

We are committed to offering you the support you need to help you achieve your goals. Visit [www.gastricbanding.com.au](http://www.gastricbanding.com.au) for further information and support.

## FAQs

### How much weight can I expect to lose?

In the first year of the operation, aim to lose about 0.5-1kg a week. Weight loss of 27kg is the average amount lost in the first year. After 12-18 months, weekly weight loss is usually less.

### How will I know when I need additional LAP-BAND® System adjustments?

The most common reasons for adjustments are:

- You are not able to eat much of anything without experiencing discomfort, reflux (heartburn) or vomiting – you may be in the Red Zone
- You are able to eat large meals and feel hungry – you may be in the Yellow Zone

- You are not losing weight – the LAP-BAND® could either be too loose, or too tight. If the LAP-BAND® is too tight, it may cause you to choose a liquid diet.

### What can I eat after an adjustment?

If your surgeon adds fluid to your LAP-BAND® System during your adjustment, go back to liquids like smooth, thin soup for the first day or so. Then, much like your first few weeks after the procedure, you can work your way back to well-chewed solids over the next couple of days.

### Can the LAP-BAND® System be removed?

Although the LAP-BAND® System is not supposed to be removed, it can be; this is usually done laparoscopically. After the removal, however, you may soon return to your original weight, or even gain more.

### What about pregnancy?

Becoming pregnant can be easier as you lose weight. Your menstrual cycle may become more regular. The LAP-BAND® can be adjusted to a lower fill level, if necessary, to make it easier for you to eat properly during your pregnancy. After the pregnancy, it may be adjusted to increase the amount of saline again, allowing you to continue on your weight loss journey.

### What if I become ill and my dietary requirements change?

One of the major advantages of the LAP-BAND® System is that it can be adjusted. If your illness requires you to eat more, your LAP-BAND® can be loosened by removing saline from it. When you have recovered from your illness and want to continue losing weight, your LAP-BAND® can be tightened by increasing the amount of saline. If your LAP-BAND® cannot be adjusted to suit your needs, it may have to be removed.



### What if I go out to eat?

Order only a small amount of food, such as a healthy entree or a children's portion. If you order a main dish, ask the waiter to bring a side plate and move half of the meal across to that plate to share with others. You may want to let your host or hostess know in advance that you prefer smaller portions.

### What about alcohol?

Alcohol has a high number of kilojoules (calories). When you consume more kilojoules than your body needs, your weight loss will slow down.

### Am I allowed to have the LAP-BAND® System adjusted to a lower fill volume for a special occasion?

No. It should never be adjusted to a lesser fill volume to eat a big meal at a special occasion. However, it can be adjusted for medical reasons, such as pregnancy.

### Will I need plastic surgery for the surplus skin once I have lost a lot of weight?

Not necessarily. As a rule, don't consider plastic surgery for at least a year or two after the procedure. Your skin may mold itself around the new body tissue and you may not need surgery to remove it.

### One important point:

Always follow your surgeon and bariatric teams' advice. It is important that you ask them all the questions you may have about the procedure and the LAP-BAND® System.

#### Acknowledgements - PART TWO

*Living With Your LAP-BAND®* was created with the help of LAP-BAND® System patients and the LAP-BAND® TOTAL CARE™ Program – a set of clinical and operational best practices that provides your healthcare team with the tools, information and support to give you the best care possible. Developed exclusively by Allergan, the program is based on the worldwide experience of successful LAP-BAND® System surgical practices.







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Your healthcare professional will advise you whether gastric banding surgery is suitable for you,  
or if you have any questions once the band is in place.