

Planning Meals Post Lap Band

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Lap Band patients will need to follow a nutrition plan (which may include vitamin supplements) prescribed by their surgeon and/or nutritionist.

The plan will likely include a liquid diet for a few weeks, until the patient can handle soft foods, followed afterwards by solid foods.

Patients who often drink carbonated or caffeinated drinks will have to stop using these products for a minimum of three months, as they can lead to uncomfortable gas and bloating.

After completing the clear liquids portion of your recovery, a patient will then move on to soft foods that include soup, jello and sometimes even baby food. This next step will be determined as part of your regular follow-ups with your doctor.

Patients will then be allowed to eat foods that can be chopped up in either a blender or food processor for consumption. Those foods can include meats, proteins, salads and vegetables.