

Lap Band Dieting

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One key part of the transition period from undergoing the surgery to the post-surgery period is one's diet.

Immediately after lap band surgery one's nutritional consumption will involve only liquids during the initial week of the Lap Band Eating Process.

During this portion of the recovery, one's stomach will only be able to deal with thin liquids. Those liquids that are available to the lap band patient for this period include water, fruit juices, milk (only skim milk), and chicken or beef broth, sugar free popsicles, and other similar items.