



INSTRUCTIONS FOR LAP-BAND PATIENTS

These instructions are to be followed after band placement. Please note that they differ slightly from the information you were given beforehand.

FIRST 3 WEEKS:

First week (Day 1-7) at least 3 days

- Only clear liquids
- Fruit juices (no fruit nectars, please!) diluted with water, half and half
- Apple juice, orange and grapefruit juice (no pulp)
- Gatorade or Pedyalite (any flavor)
- Special K protein water
- Vitamin water
- Water
- Tea (herbal)
- Clear broth
- Popsicles
- Coffee (non Dairy creamer only)

Second and third week (Day 4-21)

Day 4-8: Begin with nonfat yogurt ½ cup servings, liquid form with no pieces of fruit on it.

Day 6-10: Add liquid protein to the regimen, at least 30 g of protein a day

Examples of protein drinks that can be used:

- Optifast
- Isopure (both at GNC)
- Carb solutions
- EAS
- Designer Whey Protein
- Body for Life Protein (can be obtained at www.bodyforlife.com)
- Glucerna
- Slim Fast Optima
- Met Mrx

Day 7-11: Add creamy soups (no chunks)

If you can't drink it don't eat it.

(This Liquid Diet is for 21 days.)



NO CARBONATED DRINKS FOR 6 MONTHS

- Take small sips, don't chug. Drink only what you can. Do not force feed. Do not take more than half a cup at a time.
- Meds should be cut up or mashed.
- Take liquid vitamins each day.
- The idea is to not expand the stomach pouch.
- During the fist week, you will NOT be physically hungry (careful with the mental hunger).
- If you fell lethargic, or very, very weak, it's because you are dehydrated, call or email our Nutritionist.
- *There is NO MUSHY FOOD ALLOWED!*

FORTH WEEK (DAY 22 to 28)

Solid Meals





IMPORTANT CHANGES:

1. Never combine solids with liquids. Liquids should be taken one hour later after your meal.
Suck on an ice cube if you are thirsty.
2. No Carbonated drinks. They can make your Lap-Band slip or your pouch to stretch.
3. Avoid high calorie drinks, juices, frappuccinos, milkshakes, alcohol ... or you won't be able to lose weight.
4. Sit down for a meal and take at least 20 minutes for yourself.
5. Take small bites.
6. **CHEW!** 30 chews per bite.
7. Avoid Pbing:
 - Eating too fast and not chewing food properly
 - Eating solid food too soon after the surgery
 - Drinking liquids with the meals or right after eating
 - Eating too much at a meal
 - Your fill is too tight
8. If anything gets stuck, stop eating, wait for it to burp up and don't eat again. Resume your meal later.
9. Always cook with Pam or "I can't believe it's not butter" cooking spray.
10. Eat three meals a day (SOLIDS, NO PROTEIN SHAKES).
11. Each plate should have a serving of protein, green veggies, fruit and carb, and one serving of fat.
12. The order in which you should eat your food is protein first, vegetables second, and carb at the end.
13. If you feel restricted in the morning, drink something warm prior to your breakfast.
14. When dining out, carry a pocket book for good choices.
(Get With the Program: Guide to Fast Food and Family Restaurants — Bob Green).
15. If you do not exercise use a pedometer (Big 5 or Wal-Mart) and take 10,000 steps a day.
16. Resume with your exercise 3 weeks after your surgery, at the Gym, no abdominal work or crunches for 3 mos.

IN CASE OF ANY QUESTIONS, PLEASE CONTACT OUR NUTRITIONIST DR. GABRIELLA MIRANDA AT:

Email: drmiranda@obesitycontrolcenter.com Phone: (619) 270-1126 or (619) 819-8566

FILLS & ADJUSTMENTS

Your first fill is recommended at least 6 to 8 weeks after your surgery or when you feel you don't have enough restriction. Ideal fill is when you are capable of eating 1/3 of a typical meal. If you want to schedule a Fill appointment contact our office during business hours or at: fills@obesitycontrolcenter.com

Congratulations!