

The Lapband Nutrition Program gives you a new start to your eating patterns but it requires considerable behaviour change to produce optimal results.

#### How will my Lapband help me to lose weight?

Your Lapband will help you in 2 ways

- your Lapband will help to reduce hunger through the day
- Your Lapband will help you to feel satisfied with a smaller amount of food

**Your Lapband will help you to eat less food, and still be satisfied**

**Less food = weight loss**



Your Lapband is not a quick fix or a magic wand.

Your Lapband is a tool to help you with your weight loss journey.

For best results you will still need to make changes to your lifestyle and eating patterns. But having a Lapband to help with your weight loss can help to make it easier to make these changes.

#### How will my dietitian help me?

##### Before Surgery

You will be required to attend an initial visit with each member of the team, including the dietitian.

At this visit, you will discuss with the dietitian what to expect and how your eating patterns will change once you have a Lapband.

Please take this opportunity to ask any questions, or discuss any reservations you may have about eating with a Lapband.

At this visit, you will learn about the importance of weight loss pre-surgery. You will also learn about the fluid diet, which you will need to follow for the first 2 weeks after surgery.

The fluid diet is vital. It prevents your new stomach pouch from stretching, and it allows your band to heal into the right position. At this stage, your priority is to heal from surgery rather than to lose weight.



##### Before Surgery



##### **Optifast - 2 weeks before surgery**

Fat loss before surgery can help shrink your liver and make your surgery easier.

##### After Surgery

##### **Week 1-2: Fluid Diet**

Follow a fluid diet for 2 weeks while the Lapband heals into place.



##### **Week 3-4: Puree Diet**

At this stage, the swelling around the band has settled down and fluids can slip down more easily. However the band has not completely healed in to place. Hence it is important to avoid dry or lumpy foods that may get stuck easily. Again it is vital to focus on healing from surgery rather than on losing weight.

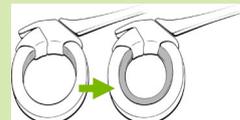
##### **From Week 5 - Solid Diet**

Now you can slowly experiment with returning to solid or "real" foods. Your dietitian will discuss common problem foods and will suggest alternatives to these foods to ensure you get a well-balanced and varied diet.



##### **From Week 6 - First Band Adjustment**

Once you have established eating solid food you can discuss with your dietitian and doctor how Lapband adjustments can help tailor your Lapband to help you lose weight.



##### **Longterm**

Your dietitian can help you establish a healthy eating pattern that is tailored for your needs. Your dietitian can help you through any challenges you face along your weight loss journey.

# Lapband Nutrition Program

## After Surgery

For you to get the best results from the band, we strongly recommend that you return for regular follow-up sessions with your dietitian after your surgery.



Research shows that people who follow-up regularly with their dietitian achieve the most satisfactory weight loss.

For greatest success with the Lapband you will also need to make some considerable lifestyle changes.

Your dietitian can help you through these changes. We recommend that you see your dietitian regularly to discuss any challenges you confront along the way.

As you get into the swing of things, you may need less frequent follow-ups but still benefit from continuing long-term support from the dietitian.

Discuss with your dietitian the most appropriate plan for you.

### **The Weight Loss Equation ©**

<b>Healthy Eating</b>		
<b>+ Exercise</b>		
<b>+ the Lapband</b>	<b>=</b>	<b>Weight Loss &amp; Management</b>
<b>+ Lifestyle Change</b>		<b>+ Life Goals</b>

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## Why do I need Follow-Up visits?

Initially, you will need to learn a whole new way of eating. It will take time to develop your new eating patterns to suit your needs and tastes, as well as being nutritionally adequate.

As with any new program which requires changes, there will be ups and downs along the way. Your dietitian would love to share in your successes throughout the year, and help you to reach your goals.

However there will be tough times too, new challenges to overcome, new hurdles to clear. Some people feel that they are a failure if things don't go as perfectly as they had planned, and don't want to face their appointments.

On the contrary, this is the most important time to see us, as we can help you to work out what the difficulties are that you face, and how to overcome these.



By keeping regular appointments with your dietitian, we can both gain more insight into your eating patterns (how, why and what you eat) along the way.

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