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# Easy Band Info Lap Band Weight Loss Surgery

## FAQ

- What is recovery like following Easy Lap Band surgery?
- Will I have to follow a special diet after my Easy Band procedure?
- How much weight will I lose with the Easy Lap Band surgery?

## Answers

1. Because the Easy Band surgery is a minimally invasive lap band procedure, most people recover very quickly. They return to work in a week or less. You will still need to give yourself time to heal and adjust to your new stomach size. Your diet will progress from liquids, to soft foods to a regular diet over the next few weeks. After the Easy Lap Band operation you'll need a few weeks before you take on any exercise regimen as well.
2. Once your stomach is reasonably healed after the Easy Lap Band surgery and you are off of liquids, there are no food restrictions. Because your stomach is smaller you are advised to eat only small portions of food or you may experience nausea. It's also a good idea to avoid drinking large amounts of water or other beverages while eating to avoid pushing food through the lap band. This would lessen the satisfied feeling that your smaller stomach creates. A moderate amount to drink should not cause you any problems.
3. It really depends on how your body responds to the Easy Lap Band. The average figure for weight loss in the first year after surgery is 40 percent of the individual's excess weight. If you eat a healthy diet and get some physical activity, you could possibly have even better results. Some patients have reported losing up to 80 percent of their excess weight within a year following the Easy Lap Band procedure.