

Lap Band up Close

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In Defining Lap Band Surgery, there are several key terms to learn and remember. These terms will help the individual who is thinking of or going ahead with lap band surgery.

They include:

Adjustment: The Lap Band adjustment is performed by a lap band specialist to change the stoma size by adding or subtracting saline inside the band via the access port. The adjustment process impacts the rate of weight loss and can be done in less than half an hour. The amount of visits to the doctor's office will vary from patient to patient, so it is best for each individual to confer with their doctor and discuss the adjustment before and after the surgery.

Body Mass Index (BMI): A measure of body weight in relation to height. BMI will help to determine if an individual is thought of as a healthy weight, overweight, or obese. A BMI of over 40 is a good candidate for Lap Band surgery. Individuals can also be a candidate if their BMI is 27 or higher, or they weigh at least twice their ideal weight, or the person weighs at least 100 pounds more than their ideal weight. (BMI is calculated by dividing body weight (lbs.) by height in inches squared (in²) and multiplying that amount by 704.5).

Fills: This is another description for lap band adjustments. The lap band specialist will fill or decrease the amount of saline during office visits following the minimally invasive surgical procedure known as lap band surgery.

Laparoscopic Surgery: A minimally invasive surgical procedure that allows the doctor to see and treat the abdominal area with long fiber-optic instruments. The lap band surgery is less involved than gastric bypass surgery and usually results in a patient returning home in less than 24 hours. For many lap band surgery patients, they can go home the same day as the lap band procedure.

Obesity: This is where a person shows a high amount of body fat. Obesity is labeled as having a BMI of 30 or higher.

Overweight: Condition of weighing too much for one's projected height. Overweight is described as having a BMI of 25 to 30. Overweight may not always indicate fat, as athletes, for example, can be heavier due to muscle on their frames. Body weight is a mix of fat, muscle, bone, and body water.

Port: Access point for adjusting the lap band. It is situated below the skin and is connected to tubing that is attached to the lap band device.

Stoma: The stomach outlet formed by the lap band located between the two parts of the stomach. The size of the stoma regulates the flow of food from the upper pouch to the lower area of the stomach.