

## Your LAP-BAND<sup>®</sup> Journey Starts Even Before Surgery

*You think the LAP-BAND<sup>®</sup> System is right for you. To get ready for the procedure, there are a few steps your doctor will want you to take—to set you up for weight-loss success. Here's what to expect (and how it helps).*

If you think the LAP-BAND<sup>®</sup> System is right for you, here's some need-to-know news: To stack the deck in favor of success, your doctor will ask you to start your journey months before your surgery day. To set you up for optimal results, here are a few of the key steps your doctor will want you to take to get ready.

### Lose a Few Pounds

Many doctors ask their patients to follow a high-protein, low-calorie liquid diet for two weeks prior to surgery. "It's always good to lose a little weight, and a high-protein, low-calorie diet has a second advantage: It shrinks a fatty liver, so that the LAP-BAND<sup>®</sup> procedure goes more smoothly," explains Rex Luttrell, MD, of Luttrell Surgical Associates in Little Rock, Arkansas. "Many obese people have fatty livers, which are soft and fragile. This kind of diet can reduce the size of the liver significantly. That's important because when you're lying on your back, the upper part of your stomach and your esophagus are located underneath your liver. During the LAP-BAND<sup>®</sup> procedure, the surgeon has to lift up the liver in order to implant the device."

### Start Exercising

"We also ask people to start a walking program before surgery," Dr. Luttrell says. "Most people really embrace it. They want to lose weight and they want to start developing all of the healthy habits that are going to get them there."

"Starting an exercise routine before surgery is nothing less than a weight-loss insurance policy," says Roger de la Torre, MD, of the Midwest Bariatric Center in St. Louis, Missouri. "After surgery, you're recovering and going through various stages of the diet. You have a lot going on! So it's good to already know your exercise routine, so that you don't have to think about it or figure out how to fit it into your day. The more automatic it is, the better."

Of course, you won't be able to lift weights, do crunches, swim, or perform other strenuous activities right away. But most people can resume walking almost immediately.

### Stop Smoking

"Smoking interferes with wound healing," says Dr. de la Torre. "So we ask our patients to quit before surgery. There are so many health benefits to doing so. Smoking also raises your risk of gastrointestinal ulcers. If you develop one after your band has been tightened, you may have to undergo loosening of your band adjustments. That way, your doctor can pass an endoscope into your stomach to see what's happening."

## Understand Your Overeating Triggers

Many weight-loss centers urge people to begin the process of figuring out which emotions and situations lead to overeating. That can start with a session with a mental-health professional or support group.

“We spend a lot of time on patient education, including a look at emotional eating,” says Jessie H. Ahroni, PhD, ARNP, bariatric program manager at Northwest Weight Loss Surgery in Everett, Washington, and author of *Laparoscopic Adjustable Gastric Banding*. “A lot of people are so geared up for their surgery day that they’re not thinking about life after surgery. It’s a lot like the day your baby is born or the day you get married. It’s an important day, but being prepared for the realities of life after the big day is what really matters.”

*Be sure to consult with your doctor about your nutrition and exercise plans.*

## IMPORTANT LAP-BAND® SYSTEM SAFETY INFORMATION

**Indications:** The LAP-BAND® System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

**Contraindications:** The LAP-BAND® System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

**Warnings:** The LAP-BAND® System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

**Adverse Events:** Placement of the LAP-BAND® System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

**Important:** For full safety information please visit [www.Lapband.com](http://www.Lapband.com), talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

**CAUTION:** Rx only.