

Family and Friends Can Make All the Difference

If family and friends ask what they can do to help, speak up! Here are some of the best ways you can ask your loved ones to support you presurgery, immediately after surgery, and as you continue on your LAP-BAND® journey.

Even though your family and friends may have the best intentions, they may not know how to support you on your LAP-BAND® journey. Sure, you've done all the research and know what to expect for the most part. But remember, this is all completely new and likely foreign to the folks around you. That doesn't mean that they can't still be a great source of support—they just need a little direction. So let them know where you could really use help—and where you want them to stay back. (Hint: If you have trouble asking for help, you can just print out this article and hand it to them.)

Please don't try to scare me. It's normal for me to feel anxious—this is surgery! But LAP-BAND® is one of the safest [weight-reduction procedures](#) and complications are very rare. Please remind me of this fact when I get nervous.

Please come to my doctor's appointments. At least the first information session and surgeon consultation. You being there will not only help calm me down, but also help you understand what I'll be going through. You can ask my doctor any questions you have about the procedure and feel more confident about my choice.

Please be there for me on surgery day. If you can take a vacation day, we can turn this into a [memorable event](#) together. I'll buy you some magazines to read while you wait. I might be a little woozy after surgery, and I won't be able to drive home. While I rest up [afterward](#), maybe we can catch up on fun movies together.

Please encourage me. But don't nag me. Don't watch every bite that goes into my mouth. Don't say, "You shouldn't be eating that," if I slip up. Instead, read a healthy cookbook and the LAP-BAND® [diet guidelines](#) and learn how to prepare a great meal for me. Scout out the best seafood store or produce section in town, and take me there. Don't constantly ask me how much I've lost, but when I do tell you, give me a hug and tell me how happy you are for me.

Please don't tempt me. Please don't bring my trigger foods into the house or always eat them around me. If you really need that ice cream/bag of potato chips/Big Mac, please go somewhere else to eat it—and don't tell me about it.

Please exercise with me. You know I'm not always the best about working out. Please go for walks with me, ride bikes with me, buy me a pedometer. Ask me to stroll with you to the farmers' market or to the park. If I want to buy a piece of exercise equipment, don't smirk and say, "That'll never get used." Let's agree that this is a fresh start, and I will not fail—your faith in me will give me courage.

Please love me. I'm going to change. That's the whole point of this process. But the real me will remain the same. Please understand that I just want to be healthy and I'm doing this for you, too.

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, talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.