

## Dilemmas You'll Love to Have After LAP-BAND<sup>®</sup> Surgery

*Worried about what you'll miss—unlimited happy hour? There's lots more you won't miss—like having trouble getting into the car. Here are the post-surgery sunny spots you'll discover every day.*

When people first think about LAP-BAND<sup>®</sup>, they often worry about what they'll miss—their favorite monster burger or unlimited happy hour. But truth is, there's lots more you won't miss. "Sometimes people will have an epiphany," says Warren L. Huberman, PhD, clinical psychologist, clinical instructor in the Department of Psychiatry at the NYU/Langone School of Medicine, and consulting psychologist to the NYU Program for Surgical Weight Loss. "They'll put on a belt, or they get into a car, or they fit into a single airline seat, and it just kicks them between the eyes that they are absolutely not the same size they were." Here are a few more wake-up calls you'll welcome.

- Before the surgery:** Nothing fits, even though you have multiple wardrobes for different sizes. When your pants become too tight, you just move up to the next size.
- After the surgery:** Nothing fits—because your weight is headed down the other way.
- Before the surgery:** Few people look at you. You may actually feel invisible at parties and social events, even though you may be one of the larger people in the room.
- After the surgery:** Everyone looks at you. As you shrink, your body becomes smaller, but you attract more attention.
- Before the surgery:** It seems like everyone is looking at you. Kids may point and say cruel things. You pretend not to hear them say things like, "Mom, look at that fat man."
- After the surgery:** No one looks at you. You get up and dance at the wedding or squeeze into a tight elevator just like anyone else, without so much as a second glance.
- Before the surgery:** You get too little sleep, due to sleep apnea.
- After the surgery:** You get too little sleep, because you're having much more fun in the bedroom!
- Before the surgery:** You hide out inside during the spring and summer—and you'd rather die than put on a bathing suit. Or even shorts—who wants to show off their legs? Besides, it's so hot you can barely breathe out there.
- After the surgery:** The sun feels so good on your bare legs and arms. What should you do today—beach, pool, biking, hiking? Rollerblading? So many options make it hard to choose.
- Before the surgery:** You have so little energy you find it hard to get motivated.
- After the surgery:** You have so much energy you find it hard to sit still.

**Before the surgery:** You watch television in the evening because you're often too exhausted to do anything else.

**After the surgery:** Your DVR starts to fill up and you fall behind in your favorite shows. You don't have time to watch—you're too busy!

**Before the surgery:** You sometimes feel you have to eat to be "polite."

**After the surgery:** You'll have to skip Aunt Ida's fruitcake. Darn.

## IMPORTANT LAP-BAND<sup>®</sup> SYSTEM SAFETY INFORMATION

**Indications:** The LAP-BAND<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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.