

## FAQ

### What are the health risks of obesity?

Obesity is associated with about 112,000 deaths each year in the United States.<sup>5</sup> In fact, it is more harmful to your health than smoking and alcohol abuse.<sup>6</sup> In addition, obesity is a major risk factor for serious medical conditions, such as:<sup>2</sup>

**Type 2 diabetes**

**Hypertension (high blood pressure)**

**Heart disease**

**Stroke**

**Breathing difficulties**

**Cancer**

**Joint problems**

But remember, by losing weight, you can improve, prevent, or lower your risk for these weight-related health conditions.<sup>3</sup>

### What's the difference between being overweight and being obese?

It's important to understand the difference between being overweight and being obese. Being obese is not the same as being overweight, which means simply weighing more than the set standard for a particular height. The excess weight could be muscle, bone, fat, or body water. Typically, a BMI of 25 to 30 is considered overweight, a BMI ranging from 30 to 40 is obese, and a BMI of more than 40 is considered morbidly obese. In addition to this, waist circumference of over 41" for women and 48" for men can also be an indicator of obesity.<sup>7</sup>

Don't know your BMI? [Sign up for My LAP-BAND<sup>®</sup> Journey](#) and use our online BMI calculator.

### Why don't diets work for me?

It's not just you. In most cases of obesity, just dieting — even strict dieting — doesn't produce long-lasting weight loss. Studies show that obese patients using diets, exercise programs, or weight loss medications lose approximately 10% of their body weight, but tend to regain two-thirds within one year — and most of the weight within five years.<sup>4</sup> This repeated weight change can actually make it harder to lose weight in the future. When other methods have failed, severely overweight patients may want to consider weight loss surgery with the LAP-BAND<sup>®</sup> System. Significant long-term weight loss can improve overall wellness and obesity-related health conditions, and greatly enhance everyday life.<sup>3</sup>

### What are the benefits of the LAP-BAND<sup>®</sup> System vs. other types of weight loss surgery?

The biggest difference you'll find is that unlike gastric bypass or sleeve gastrectomy, the LAP-BAND<sup>®</sup> System doesn't involve any cutting or stapling of the stomach, or intestinal rerouting. The LAP-BAND<sup>®</sup> procedure

is a laparoscopic surgery (sometimes referred to as “band-aid” surgery for its tiny incisions), it can help you achieve steady, healthy and safer weight loss, with a shorter recovery time than other stapling procedures, and comparable weight loss over time.

### **What is the difference between LAP-BAND® and other gastric banding devices?**

The first gastric banding system available in the U.S., the LAP-BAND® System was originally approved in 2001. In continuing to lead the field with technological advancements, the third generation LAP-BAND AP® System was FDA approved in 2006. Featuring proprietary OMNIFORM™ technology, more band sizes and access port sizes than other devices. It conforms to fit your body, allowing for secure placement and limiting the risk of leaks due to creases or folds.

No other FDA-approved gastric banding device has the experience or long-standing safety record of the LAP-BAND® System. Tested and trusted, it remains the #1 selling gastric band available — with over 500,000 devices sold worldwide. See for yourself.<sup>1</sup> [Compare LAP-BAND® to other gastric bands.](#)

### **Is the LAP-BAND® System permanent, or can it be removed?**

The LAP-BAND® System is a long-term surgical implant. Using periodic adjustments as you lose weight, the LAP-BAND® System allows for gradual, steady, long-term weight loss. The goal is to keep your adjustment level, and diet and activity levels balanced and stable.

Although the LAP-BAND® System is not meant to be removed, in some cases, this can be done laparoscopically.<sup>2</sup> Surgeons report that the stomach generally returns to its original shape once the LAP-BAND® System is removed. After the removal, though, you may soon return to your original weight, or even gain more.

### **How do weight loss results with the LAP-BAND® System compare to those with gastric bypass?**

Surgeons have reported that gastric bypass patients lose weight faster in the first year after surgery although recent studies show that gastric bypass patients lose a greater amount of bone mass and lean muscle mass than patients who have the LAP-BAND® System, requiring additional supplements to be taken by gastric bypass patients.<sup>12</sup> At three years, however, many LAP-BAND® System patients have achieved weight loss comparable to that of gastric bypass patients.<sup>2</sup> You should focus on long-term weight loss and remember that it is important to lose weight gradually while reducing obesity-related risks and improving your health.

### **How is the LAP-BAND® System adjusted?**

Adjustments are usually done in an outpatient clinic or office. Occasionally your surgeon may use an X-ray to make adjustments. This is done there so the access port can be clearly seen. When X-rays are used, your reproductive organs should be shielded. A fine needle is passed through the skin into the access port to add or subtract saline. Local anesthesia may or may not be needed. The adjustment process most often takes only a few minutes and most patients say it is nearly painless and an important factor in continuing to progress and maintain weight loss.

### **What about pregnancy?**

Becoming pregnant can be easier as you lose weight. Your menstrual cycle may become more regular. If you need to eat more while you are pregnant, the LAP-BAND® System can be loosened. After pregnancy, it may be made tighter again, allowing you to continue on your weight loss journey.

### **What is laparoscopic surgery?**

Laparoscopic surgery, sometimes referred to as “band-aid” surgery, is a minimally invasive surgical technique in which surgery is performed using slender surgical instruments, passed through a few small incisions in the abdomen. This creates less tissue damage than large, open surgical procedures. After laparoscopic surgery, patients tend to have or report much less pain, fewer wound complications, and shorter hospital stays. Patients also recover faster and are able to resume normal activities sooner.

### **What is the recovery time for LAP-BAND® surgery?**

The average hospital stay is less than 24 hours. Typically, it takes about one week before you can return to work. You can prepare yourself by making sure you get out of bed and move around a bit in the first two days after surgery. After that, walking is usually a safe, simple way to start getting exercise and building up your stamina. While the time it takes to fully recover varies from patient to patient, you should give yourself a full month after LAP-BAND® surgery before you attempt anything more strenuous, like light aerobics. And always check with your doctor about the amount and type of activity you can do.

### **How safe is the LAP-BAND® procedure?**

According to several studies, adjustable gastric banding is the safest weight loss surgery currently available in the United States.<sup>1</sup> The LAP-BAND® System surgery is considered one of the least invasive bariatric procedures and is typically performed laparoscopically.

### **Will the LAP-BAND® System procedure affect my taking other prescription medications?**

After your LAP-BAND® surgery, you should be able to take prescribed medication. However, the medications used to treat your other health conditions may need to be adjusted. Talk to your doctor to see if you may need to use capsules, or break large tablets in half or dissolve them in water to make them easier to digest.

It's always good to ask your prescribing doctor about your medication before having the LAP-BAND® System procedure. He or she may want to adjust your medication, the dose, or how it is to be taken after surgery.

### **How old must I be to be eligible for the LAP-BAND® System?**

To qualify, you must be over 18 years of age, with a BMI of at least 40, or over 18 with a BMI of at least 35 and at least one weight-related health condition. Please contact a certified LAP-BAND® System surgeons in your area to discuss your specific situation.

### **Will I feel hungry or deprived with the LAP-BAND® System?**

The LAP-BAND® System helps you eat less and feel full in two ways: first, by reducing the capacity of your stomach, and second, by increasing the time it takes food to get through your digestive system. Although the time varies from person to person, you should feel full after a small meal. If you follow the nutrition guidelines when choosing your food and remember to chew it well, you should not feel hungry or deprived. The LAP-BAND® System can be an effective tool for helping you change your eating habits.

### **Can I still eat anything I want?**

You may eat most foods that don't cause you discomfort. However, because you have a smaller stomach area with the LAP-BAND® System, you will only be able to eat smaller amounts. For this reason, it is important to include foods full of essential vitamins and nutrients. Eating foods high in sugar or fat and drinking liquids full of "empty" calories may greatly reduce your weight loss results.

### **What about drinking alcohol or going out to eat?**

The LAP-BAND® System does require a commitment to changing your lifestyle. But that doesn't mean taking the fun out of your life. An occasional glass of wine or other alcoholic beverage is not considered harmful to weight loss. However, alcohol has a high number of "empty" calories and breaks down vitamins.

You can also still enjoy dining out. However, you may wish to order a smaller amount of food, such as a healthy appetizer or child's serving. If an entrée looks good, you might ask your server to only serve you half, and to wrap the rest for a later meal.

Ask your surgeon for a LAP-BAND® System Patient Card, included in our Post-Op Patient Packet. This card may be helpful in restaurants (or in unrelated medical emergencies) as it explains what the LAP-BAND® System is and states that you cannot eat very much.

### **Will my insurance cover this procedure?**

The procedure is covered by many insurance companies. This can vary from region to region and depends on your individual policy's coverage. Most major health plans have a medical policy that recognizes the LAP-BAND® System. Please check with your specific health plan or with the benefits administrator for your company to determine if the LAP-BAND® System is a recognized procedure. You should also check your benefits book/guide to determine if bariatric surgery is a covered benefit. This may be a good question to ask your employer as well. In addition to this, your LAP-BAND® System surgeon's staff can help you verify insurance coverage or look into financing for the procedure.

### **How much of my bill will my insurance pay?**

This can be a very difficult question to answer. That's because payment is determined by the contract between the surgeon, the facility where you have the LAP-BAND® surgery, and your health plan. The best way to get an idea of your potential insurance payment is to ask your surgeon and the facility business manager.

### **Why do I need to choose a surgeon before I can get assistance from the reimbursement hotline?**

Not all surgeons participate with all health plans, nor does every surgeon offer the same financing options. Knowing the name of the surgeon you've chosen before calling the reimbursement hotline (1-800-LAP-BAND) allows us to help you find the best solutions to cover the procedure's costs, using that surgeon. These include:

- Insurance Benefits Verification – this verifies coverage status for the LAP-BAND® System by your payer.
- Prior Authorization (PA) Support – this helps you research PA requirements for specific payers, assists you and your surgeon's practice in submitting all the necessary paperwork, and follows your case until a decision is made.
- Financing Options –this includes letting you know if your doctor participates with CareCredit®, our exclusive partnership program that links LAP-BAND® System patients to financing.

### **If my insurance company denies coverage for the LAP-BAND® System, can I appeal the decision?**

Yes. There are several different ways you can appeal a denial. If your request for prior authorization for the LAP-BAND® System surgery is denied by your insurance company, you may have the opportunity for a limited number of appeals. The process varies according to your plan, so be sure to check your insurance company's specific appeal policy. Generally, you can appeal if your denial is based on the following reasons:

- The LAP-BAND® System is investigational
- The LAP-BAND® System is experimental
- The insurance company has no previous knowledge of the LAP-BAND® System
- You did not meet the criteria for the surgery.

An effective appeal should include supporting documentation that refutes the specific reason(s) for your denial.

For more help appealing a denial, you can also talk to your surgeon's office, call our free reimbursement hotline (**1-800-LAP-BAND**), or read *Know Your Rights*, found in the Resource Center on this page.

### **What should I do if my insurance considers this procedure experimental?**

While the LAP-BAND® System has received approval by the FDA, individual health plans have their own internal criteria for the coverage of medical treatments. Many health plans have some type of new technology review process. If a product or procedure does not meet their specific criteria, they will classify it as experimental or investigational.

If your plan uses this categorization to deny your surgeon's prior authorization request, your denial may be appealed. Please have your surgeon check with their Allergan representative for programs and services available to assist in appealing a denial.

For more information, read *Know Your Rights*, found in the Resource Center.

### How can I make my insurance company understand my medical need for this procedure?

Most insurance companies require a Letter of Medical Necessity from your doctor, which offers professional documentation of your medical qualifications for the LAP-BAND<sup>®</sup> System procedure.

In addition, you may be able to improve your chances of being approved for LAP-BAND<sup>®</sup> System weight loss surgery insurance by creating your own document or package listing your previous weight loss attempts (undertaken on your own or with medical supervision) and the results of each. This adds your own personal experience to your doctor's professional recommendation.

### What is the difference between “Low-Interest” and “No-Interest” Payment Plans?

With CareCredit<sup>®</sup>, patients can choose from two types of payment plans:

- Low-Interest Payment Plans – Get low-interest and low-minimum monthly payments. Available with 24-, 36-, 48-, or 60-month plans. It would be difficult to find a longer-term health financing plan.
- No-Interest Payment Plans – Receive a 0% APR and pay no interest as long as you pay the minimum monthly payment on time every month, and the balance is paid in full by the end of 3, 6, 12, or 18 months.

### How can I check on the status of my financing application?

With Allergan's exclusive CareCredit<sup>®</sup> financing program, there's no waiting or checking necessary. Upon application, you will receive a decision immediately.

Visit [www.carecredit.com](http://www.carecredit.com) or call 1-800-677-0718 for more information.

### How can I really know which is the best financing option for me?

With the LAP-BAND<sup>®</sup> System, expert financial assistance is only a phone call away. Once you've decided which of our [certified LAP-BAND<sup>®</sup> System surgeons](#) you'd like to work with, simply call our free Reimbursement Hotline at **1-800-LAP-BAND** to speak to a financial specialist who can help you get the financing you deserve.

### Do I have to sign up for surgery to attend a seminar?

There is no obligation or commitment required to attend a free seminar. However, our patient education seminars are conducted by certified LAP-BAND<sup>®</sup> System surgeons. This is a good way to meet surgeons who have performed successful LAP-BAND<sup>®</sup> System surgeries and get to know if a particular surgeon is a good fit for you.

### Can I bring a friend or family member to the seminar with me?

Having support is vital to your success with the LAP-BAND<sup>®</sup> System. That includes the support of your family and friends. For this reason, most seminars will welcome a friend or family member coming with you. To be sure it's okay, call your host surgeon's office to confirm space availability.

### **Can I attend more than one seminar?**

Certainly. You are encouraged to attend as many seminars as you feel necessary to find the right surgeon for you. Seminars can help you learn more about the LAP-BAND<sup>®</sup> System, as well as the experience of the surgeon and his team. They also give you a chance to get a feel for the surgeon's patient style and help you decide if it's the right fit for you and your long-term weight loss journey.

### **Can you send me a list of primary care physicians in my area who can refer me for LAP-BAND<sup>®</sup> System surgery?**

Unfortunately, we can't provide a list of Primary Care Physicians that do referrals. We suggest that you check your health plan's list of Participating Providers to identify a local physician who can review your health status and refer you to a surgeon if you are a good candidate for the LAP-BAND<sup>®</sup> System procedure.

### **Can you refer me to someone who has had the LAP-BAND<sup>®</sup> System surgery?**

If you have already selected a surgeon, he or she may be able to refer you to a patient who has had successful results with the LAP-BAND<sup>®</sup> System. If not, you may also be able to [attend a seminar](#) in your area to find this information.

The patients we have featured on this site are real people. They have given us permission to share their stories. You can read [Success Stories](#) here. Unfortunately, due to patient privacy regulations and other legal reasons, we cannot disclose information on any other LAP-BAND<sup>®</sup> System patients.

### **How can I learn more about a specific LAP-BAND<sup>®</sup> System surgeon – credentials, experience, training?**

To be certified to perform LAP-BAND<sup>®</sup> System surgery, all surgeons must attend a two-day specialized course to learn about the device and procedure. In addition, they must be advanced laparoscopic surgeons before even attending a LAP-BAND<sup>®</sup> System Certification Workshop. After this workshop, precertified surgeons are then supervised, one-on-one, by an experienced LAP-BAND<sup>®</sup> System surgeon for their first few cases to acquire practical skill in performing the procedure.

For more information on a specific surgeon's credentials and experience with the LAP-BAND<sup>®</sup> System, read [Questions to Ask Your Surgeon](#) and then talk through any questions or concerns with your surgeon directly.

### **What's special about LAP-BAND<sup>®</sup> certified surgeons?**

To be certified to perform LAP-BAND<sup>®</sup> System surgery, all surgeons must attend a two-day specialized course to learn about the device and procedure. In addition, they must be advanced laparoscopic surgeons before even attending a LAP-BAND<sup>®</sup> System Certification Workshop. After this workshop, pre-certified surgeons are then supervised, one-on-one, by an experienced LAP-BAND<sup>®</sup> System surgeon for their first few cases. This helps them to acquire practical skill in performing the procedure.

### **How often will I need to see my surgeon after having the LAP-BAND® System procedure?**

Checkups with your doctor are a normal and very important part of the LAP-BAND® System follow-up. Many surgeons see their patients weekly or biweekly during the first month and every 4 to 12 weeks for the first year. Adjustments may be performed during some of these visits. It's typical for follow-up visits to be scheduled every 3 to 6 months during the second and third year, depending on the individual case.

### **Why is having a good relationship with my surgical team so important?**

To maximize your success, you'll be working closely with your surgical team for some time, both before and after your LAP-BAND® surgery. So it's important to feel comfortable with them to help get the best results.

### **Why do I have to start a diet before I have LAP-BAND® surgery?**

Eating smart is the key to your weight loss success with the LAP-BAND® System. Starting a pre-op diet isn't a strict requirement, but it can help prepare your body for surgery. In addition to this, learning to shop for and prepare the right foods is a great way to help you build momentum towards the new lifestyle you're creating for yourself.

### **How does keeping a food journal help me before having LAP-BAND® System surgery?**

Writing about your food choices can help you discover more about your eating habits. Then share these insights with the dietitian or nutritionist on your healthcare team, to help you make the most of your weight loss plan. Sign up for My LAP-BAND® Journey to take advantage of our weight loss tools, including our online Food Diary.

### **Can I attend a support group before I've had the procedure?**

If you'd like to attend a LAP-BAND® System support group, ask your surgeon. You might find it very motivating. Just know that surgeons have different rules for these groups, for privacy reasons.

### **Why is it important to talk to my family and friends before surgery?**

Emotional support from your loved ones is vital to your success with the LAP-BAND® System. Friends and family will no doubt want to help as much as they can. So it's important to help them understand the procedure and the steps you're taking. The more they understand, the more supportive they can be.

### **How will I get the tests I need before surgery?**

Your surgeon and the rest of your healthcare team will explain all of the necessary tests to you, and arrange for you to have them. That's part of the TOTAL CARE™ you'll receive from your surgeon and the LAP-BAND® System support team.

### **Are there additional educational materials my doctor can give me to help me prepare for surgery?**

Your surgeon will be happy to provide you with booklets that will give you helpful information about preparing for your LAP-BAND® surgery – and life afterwards.

### **Will I be sick a lot after my LAP-BAND<sup>®</sup> procedure?**

Feeling nauseated or sick on a regular basis may mean you need to follow your new LAP-BAND<sup>®</sup> System diet rules more strictly – such as sticking to a liquid diet immediately following surgery or, chewing your food more thoroughly if you're on solid foods. However, feeling sick could indicate a problem with the placement of the band — so contact your doctor if this occurs regularly.

Remember to chew your food slowly and thoroughly, as vomiting or regurgitation can cause your stomach pouch to stretch, or lead to band slippage. This can reduce the success of the operation or require an adjustment to remove some of the band's fluid content. In rare cases, it might require another operation.

### **Will I be in much pain after LAP-BAND<sup>®</sup> surgery?**

After your surgery, you may feel some mild pain around the incision sites. This would most likely be under the skin where the access port for your LAP-BAND<sup>®</sup> System is placed. Your doctor may give you something to help with it.

You may also experience some pain and discomfort in your joints and shoulders. This can be caused by the surgical gas used to inflate the abdomen during your procedure. You should not be alarmed. While the gas can sometimes linger in the body, you may help it dissipate by walking around after your surgery.

### **Can I take aspirin for mild post-surgical pain?**

After your LAP-BAND<sup>®</sup> surgery, always talk to your surgeon before taking any over-the-counter or prescription medications. Your surgeon may tell you to avoid taking aspirin and other non-steroidal anti-inflammatory pain relievers, because these may irritate the stomach or cause bleeding.

If you feel your pain requires medication to manage it, talk to your surgeon. He or she may be able to prescribe something.

### **Do I have to be careful with the access port underneath my skin?**

Once the incisions have healed, it should not cause discomfort or limit any physical exercise. The only sensation you may experience from the port occurs when you go in for adjustments. If you feel persistent discomfort in the port area, talk to your doctor.

### **Does the LAP-BAND<sup>®</sup> System limit any physical activity?**

After the first 4 to 6 weeks of recovery, your LAP-BAND<sup>®</sup> System should not hamper most physical activities. Check with your surgeon before starting any new activity. Once he or she gives you the “ok,” you should be free to do aerobics, stretches, and any other exercises or activities you enjoy. Learn more about [becoming physically active](#).

### **Am I allowed to have my LAP-BAND<sup>®</sup> System loosened for a special occasion?**

While it might seem tempting, your LAP-BAND<sup>®</sup> System should never be loosened to eat a big meal at a special occasion. However, the LAP-BAND<sup>®</sup> System can be loosened for medical reasons, including pregnancy, when more nutritional intake is necessary.

### **Will I need to take vitamin supplements?**

If you're not getting enough vitamins from three small meals a day, your surgeon may advise you to take supplements. At your regular checkups, your specialist will evaluate whether you are getting enough vitamin B12, folic acid, and iron.

### **Why are diet and exercise important after having the LAP-BAND<sup>®</sup> System procedure?**

While weight loss surgery isn't a quick fix, the LAP-BAND<sup>®</sup> System is a powerful tool that can help you lose weight. Your motivation and commitment to your new lifestyle are the real keys to your success. Working with a nutritionist or exercise consultant and following their advice after surgery is vital to achieving your weight loss goals. Even more importantly, it's how you'll help improve your health and wellness overall.

### **How many LAP-BAND<sup>®</sup> System adjustments are suggested?**

The LAP-BAND<sup>®</sup> System is a long-term weight loss management program. The number and frequency of your adjustments depend on your individual case and considerations, such as how well you are healing post-surgery, and how you are feeling during and after your meals. Many patients have between five and eight adjustments within the first year after surgery. Others may only require a few to achieve their desired weight loss results. Remember: you need to listen to your LAP-BAND<sup>®</sup> and work with your bariatric team to achieve the best results.

### **How will I know when I need additional LAP-BAND<sup>®</sup> System adjustments?**

The most common reason for adjustments are:

- You are not able to eat much of anything without experiencing discomfort, reflux (heartburn), or vomiting. Your band may be too tight (you may be in the Red Zone).
- You are able to eat without restriction. Your band may be too loose (you may be in the Yellow Zone).
- You are not losing weight. Your band may be too loose (Yellow Zone) or too tight (Red Zone) — meaning you may be able to eat too much or can only tolerate a liquid diet.

It's important you listen to your LAP-BAND<sup>®</sup> and work with your bariatric team to achieve your desired weight loss. Learn more about the [Green Zone](#).

### **What can I eat after an adjustment?**

If your surgeon adds fluid to your LAP-BAND<sup>®</sup> System during your adjustment, go back to liquids like clear soup for the first day or so. Then, like your early days after surgery, you can work your way back to solid foods over the next few days.

### **Will I need plastic surgery for the surplus skin once I have lost a lot of weight?**

Not necessarily. As a rule, you shouldn't consider plastic surgery for at least a year or two after having LAP-BAND® System surgery. Your skin may mold itself around the new body tissue and you may not need it. If you later feel you need to consider plastic surgery, talk to your doctor. And remember: Allergan is also a world leader in aesthetic skin care with well known products such as [Botox® Cosmetic](#), [Latisse™](#), [Juvéderm®](#), [M.D. Forté®](#), [Prevage®](#), and [Vivité®](#).

Allergan also specializes in silicone and saline breast implants with the [Natalle® Collection](#).

### **How do I get my LAP-BAND® System story featured on this website?**

It's great that you want to share your LAP-BAND® System story with others. Your experience may inspire another person to take this life-changing journey.

To submit your story, go to [Share My Story](#). All testimonials that are submitted are subject to review and selection by Allergan. If your story is selected for feature, you will be notified. Updated stories will need to be re-submitted. Remember, by submitting your LAP-BAND® System story, you agree to release your name, photos and story for posting on the LAP-BAND® System Web site.

### **How is the LAP-BAND® System adjusted?**

Adjustments are often carried out in the X-ray department. They are done there so the access port can be clearly seen. When X-rays are used, your reproductive organs should be shielded. Sometimes adjustments can be done in an outpatient clinic or office, and local anesthesia may or may not be needed. A fine needle is passed through the skin into the access port to add or subtract saline. This process most often takes only a few minutes and most patients say it is nearly painless.

### **Can anyone use the LAP-BAND® System partnerships?**

Adjustm LAP-BAND® System partnerships are intended for people who have begun the LAP-BAND® Journey. This means they've scheduled or had LAP-BAND® System surgery, or signed up for [My LAP-BAND® Journey](#). We understand that not everyone considering weight loss surgery may be ready to make a commitment yet. But when you are, all the resources of these exclusive LAP-BAND® System partnerships will be here for you.

### **What can I learn at a support group meeting?**

At a LAP-BAND® System support group meeting, you'll find people just like you. Some may already have had LAP-BAND® System surgery. Hear how these people are making the transition to a healthier lifestyle and share strategies for overcoming obstacles on the journey. To learn more about finding a support group in your area, talk to your surgeon's office or attend a free seminar.

**After my LAP-BAND<sup>®</sup> Surgery, who should I talk to about how my life is changing?**

At a LA Your surgeon should always be your first source of answers to postsurgical questions about the LAP-BAND<sup>®</sup> System. In addition to providing you answers, your surgeon may also direct you to a support group or counseling if you feel you need it. You can also get lifestyle information and support from the LAP-BAND<sup>®</sup> TLC Program, via our partners at Lindora<sup>®</sup>.