



Aftercare

Lifestyle
Changes

ReShape
lap·band® Weight-Loss Program

Living healthily ever after

ReShape
lap·band®



You've come so far

The next phase of your journey is about to begin. Congratulations – you've made it through an important transition period in your ReShape Lap-Band® Program journey and are closer to achieving your weight-loss goals.

After you've transitioned to eating solid foods and had your first adjustment, you may be wondering, "What's next?" This booklet contains several recommendations. Of course, what's most important is to always follow your surgeon's instructions. Now is the time to dedicate yourself to a healthy lifestyle, and that begins with healthy eating and the right level of activity.

Please note: the contents of this booklet are recommendations from ReShape Lifesciences® only. Always defer to your doctor's instructions on post-surgery matters.

Your new eating plan

Eating smart is the key to your success. Sometimes that can mean choosing different foods. It can also mean enjoying some old favorites – but in moderation. The ReShape Lap-Band is designed to get you started living healthily. Here's what you need to know.

Because liquids can pass through the reduced stomach pouch quickly, they will not make you feel satisfied. So, avoid high-calorie drinks. Water, broth, tea, and coffee (without sugar) are all good choices.

Eat only when you are hungry. Take small bites and chew your food well with about one minute between bites to avoid blocking your stomach. Remember, you'll need to get plenty of nutrients from a small quantity of food, so eat smart. Have vegetables, fruit, meat and/or dairy products, and grains each day.

In this booklet, you'll discover how to create healthy, tasty meals that contain the nutrients you need without a lot of sugar and fat. If you have questions, don't hesitate to speak with your surgeon and/or dietitian about food choices.

1 2 3 4 5 6 7 8 9 10



10 easy but important rules

Here are ten rules for eating, drinking, and exercising that will help you achieve your goals with the ReShape Lap-Band®. Remember, your success depends on how willing you are to work with your ReShape Lap-Band and embrace a new way of eating.

- 1 Eat about three small meals a day, eating only when you are hungry
- 2 Do not eat between meals – avoid snacking
- 3 Eat slowly and chew thoroughly (approximately 15 to 20 times a bite)
- 4 Stop eating as soon as you feel satisfied
- 5 Eat only good-quality, nutritious food
- 6 Avoid calorie-containing liquids
- 7 Drink enough fluids during the day
- 8 Exercise for at least 30 minutes every day
- 9 Be active throughout each day
- 10 Always keep in contact with your surgeon/program

1 Eat about three small meals a day, eating only when you are hungry

Eat 3 or less meals a day. It is okay to eat less, and it is okay to miss breakfast. Eat only when you are hungry, eat small meals using small plates or bowls. Start by cutting very small bites of food. Then chew each bite well. The goal is to chew food until it could fit through a straw. Steak is an example of a food that may get stuck.

2 Do not eat between meals – avoid snacking

After a meal, do not eat anything else until the next meal. Eating snacks between meals is one of the major reasons for not losing weight. It is very important to break this habit. Patients with proper “fill” levels do not feel hungry in between meals. If you do, this may be a sign that the ReShape Lap-Band is too loose, and you should tell your clinician.

If you are going to break this rule, choose raw vegetables, a few almonds, or other nuts. Speak with your programs dietitian about making healthy snack choices.

3 Eat slowly and chew thoroughly (approximately 15 to 20 times a bite)

Eating slowly may be the most important of all the rules. We don't do this naturally, and it is difficult, requiring concentration and training. First, chew well (see #1), then swallow and wait. Allow one minute from one swallow to the next. One minute is a long time. Passage of each bite across the band takes this long. Each meal should only last 20 to 30 minutes – that's 20 to 30 bites. If you rush through your meal, you may eat more than you need, and you may feel significant discomfort as food ‘blocks up’ your stomach outlet. This can lead to pain and vomiting. This should be avoided!

4 Stop eating as soon as you feel satisfied

Stop eating when you are no longer hungry. Don't wait until you feel full to stop. Feeling full means, you are stretching the stomach above the band. Avoid this. Don't eat looking for that fullness.

Try to recognize the feeling of being satisfied rather than full, then put your utensils down.



5 Eat only good-quality, nutritious food

Your meals should be high in protein: fish, meat, eggs, dairy, lentils, soy, tofu, beans, etc. About half of your meal should be protein rich. Next, high in complex carbohydrates; vegetables, and some fruit. Be careful with foods like fats, alcohol and starches – avoid food like simple sugars. Take a well-balanced multi-vitamin each day (ask your dietitian for their recommendation). Make sure the small amount of food you do eat is GOOD food; nutritious, high-quality food.

Fibrous food can cause problems for some people. Foods that contain many fibers, such as asparagus, can block the opening. That's because you can't chew it well enough to break it up into small pieces. If you would like to eat asparagus or other fibrous foods once in a while, be sure to cook them well, cut them into very small pieces and then chew them thoroughly.

Remember: The ReShape Lap-Band® has little or no effect on liquid foods. They pass through the stomach outlet very quickly and therefore don't make you feel full.

Note: Although these rules restrict your food intake and the types of food you are able to eat, make sure to keep your diet as varied and balanced as possible.

6 Avoid calorie-containing liquids

Drinks, including those containing calories, simply run through the narrow outlet created by the band. If you drink high-calorie liquids, even healthy ones like fruit juices, you may not lose weight, even if you follow your diet.

7 Drink enough fluids during the day

Drink at least 6 to 8 glasses of water a day. That's because as you lose weight, and your fat content drops, your body will need to eliminate waste products. You will need to drink large amounts of liquid every day in order to urinate enough to excrete these waste products from your body. Remember to drink only water, skim milk, unsweetened tea or coffee (without milk, cream or sugar).



8 Exercise for at least 30 minutes every day

Once you have healed from surgery, it's recommended that you engage in moderate levels of physical activity. This means for 30 to 45 minutes, 3 to 5 days a week. The National Institutes of Health recommends that all adults set a long-term goal of accumulating 30 minutes or more of moderate physical activity on most, and preferably all, days of the week.¹

Physical activity burns calories, strengthens your heart and increases your lung capacity. It is an important aid to successfully maintain the weight that you have lost. Don't be intimidated by strenuous exercise regimens. Plenty of low intensity calorie-burning activities can be rewarding, fun, and provide the desired health benefits.

9 Be active throughout each day

Stand rather than sit, walk rather than drive, take the stairs rather than the elevator. Generally, work to increase your routine daily activity level. Many little movements add up. Then, gradually increase your 'formal' exercise level, adding swimming, bicycling, etc

10 Always keep in contact with your surgeon / program

Follow-up is for life. Follow-up is to check on your progress and monitor your general health. It is very important to identify any issues with your band early to avoid larger problems. You may need small adjustments over time, even years after you had your band implanted. This may be to add a small amount of fluid to get you back in the Green Zone or remove some if you have any symptoms of being over inflated (Red Zone). Your program may check your vitamin levels. It's also a good time to review these rules and tune up your nutrition and food choices.

¹ National Institutes of Health. https://www.nhlbi.nih.gov/health/educational/lose_wt/phy_act.htm. Accessed June 28, 2022



Good food choices

A healthy diet will have items from each of the following food groups. Quantities and suggested foods are listed in each group.

Fruits and vegetables

- 1 to 2 servings of fresh fruit daily
- 2 to 3 servings of fresh vegetables daily

Whole grains

1 small portion of cereal for breakfast, or 1 to 2 slices of whole wheat or rye bread, preferably toasted, each day. (If you find bread obstructs your pouch opening, substitute other forms of whole grains.)

Meat, fish, poultry, eggs

2 to 4 oz. of meat, fish, or poultry, or one egg, for additional protein. Remove all visible fat from the meat. Remove the skin from poultry. Prepare the meat in ways that require very little fat. Grilling, steaming and boiling are all good ways to do that. Be sure to not overcook meat, poultry, or fish as it may make it too challenging to chew thoroughly enough to pass through the band.

Dairy products

Low-fat milk and low-fat yogurt provide protein which makes them an important part of a healthy daily diet. Choose a maximum of 2 cups of low-fat milk or low-fat yogurt or 1 oz. of low-fat cheese a day.

Fats

Restrict the use of fat to 3 to 4 teaspoons of butter or oil per day. You can have low-fat salad dressings and mayonnaise in moderation.

Drinks

Drink as many calorie-free liquids per day as you wish. Suitable drinks are:

- Water
- Non-carbonated beverages containing few or no calories
- Tea or coffee (black) with low-calorie sweetener
- Clear soup and broths



Not-so-good food choices

Proceed with caution

Some foods have difficulty passing through the opening of the stomach and may cause blockage.

- Dry meat
- Peanut butter
- Shrimp
- Squid (Calamari)
- Untoasted or doughy bread
- Pasta or rice
- Fibrous vegetables like corn, celery, and asparagus
- Dried fruit
- Coconut
- Popcorn
- Membrane of citrus fruits
- Nuts
- Seeds and skins of fruits and vegetables
- Greasy or fried food

Certain foods may cause problems for some people. Introduce these foods to your diet slowly and individually to see if they are tolerated. Always be careful, chew well, and follow your surgeon's or dietitian's advice.

Steer clear.

Some foods contain too many calories and little nutritional value.

Avoid high-sugar foods like:

- High-calorie soft drinks
- Syrups
- Cakes
- Biscuits
- Jam
- Marmalade
- Honey

Avoid high-fat foods, including:

- Cookies
- Pies
- Chips
- Pastries
- Ice Cream

Some doctors have reported that carbonated beverages may be uncomfortable for ReShape Lap-Band® patients. Allowing the carbonation to "fizz" away before drinking may help. Drink only zero or low-calorie carbonated drinks. Most soft drinks should be avoided. Alcoholic drinks, generally high in sugars, carbs and calories should also be consumed in moderation, such as a glass of wine or less per day.

Physical Activity Tips

Along with the ReShape Lap-Band® physical activity should be an important part of your weight-loss journey.

Staying active can not only contribute to your weight loss, it can help increase your cardiorespiratory fitness and help you maintain your weight.

Always check with your doctor about the amount and type of exercise that is best for you.

Examples of very light activity:

- Standing activities
- Special chores like ironing or cooking
- Playing a musical instrument

Examples of light activity:

- Walking at a speed of 24 minutes per mile
- Housecleaning
- Childcare
- Table tennis
- Room painting
- Yard work

Examples of moderate activity:

- Walking at a speed of 15 minutes per mile
- Gardening, weeding and hoeing
- Cycling
- Skiing
- Tennis
- Dancing
- Carpentry
- Golf

Examples of high activity:

- Walking at a speed of 10 minutes per mile
- Walking uphill
- Heavy manual digging
- Basketball
- Climbing
- Soccer/kickball
- Tennis

You may also benefit from:

- Flexibility exercise to attain full range of joint motion
- Strength or resistance exercise
- Aerobic conditioning and yoga



ADD FLUID

Not Enough fluid in the band

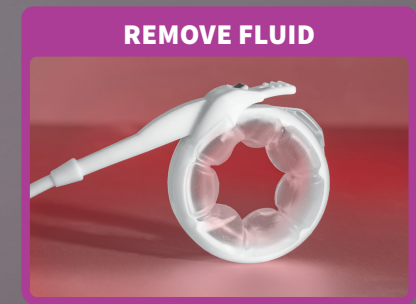
- Hungry between meals
- Eating large portions
- Not losing weight



GREEN ZONE IDEAL FLUID

Right Amount of fluid in the band

- Not hungry between meals
- Good weight loss
- Portion control
- Patient satisfaction



REMOVE FLUID

Too Much fluid in the band

- Poor food choices
- Regurgitation
- Discomfort while eating
- Poor weight loss
- Night cough
- Difficulty swallowing
- Reflux – heartburn

Additional ReShape Lap-Band® System adjustments

To achieve your goals, you may need additional adjustments over time. During each visit, a very small amount of liquid may be added or removed from the ReShape Lap-Band®. The exact amount required to make the opening the right size differs from person to person. An ideal fluid “fill” should result in the ReShape Lap-Band being just tight enough to let you eat the right amount to get the nutrients you need, while still reducing the overall amount of food you need to feel satisfied. The information above can help you recognize when you’re in the Green Zone for gradual, healthy, long-term weight loss. If you’re in the red or yellow zones, it’s time for an adjustment.

The ReShape Lap-Band is an effective way to obtain steady and safe weight loss, and adjustments are an important part of this process. But there’s no hurry to have an adjustment before you’re ready.

Stay in the Green Zone

Remember, slow and steady does it.

Gradual, steady weight loss with the ReShape Lap-Band® can be healthy for you. Losing weight too quickly may create a health risk and can lead to a number of problems. The main goal is to have weight loss that prevents, improves or resolves health problems connected with severe obesity.

Signs and symptoms of potential complications.

The ReShape Lap-Band System has been proven safe.² However, as with all surgeries, there are some potential risks of complications. If you experience any of the following, speak with your surgeon:

- Sleep disturbances
- Respiratory symptoms
- Chronic cough
- Recent onset of asthma
- Recurrent or prolonged bronchitis
- Pneumonia
- Persistent or painful vomiting
- Rapid heartbeat (over 100 per minute at rest)
- Persistent chest/abdominal pain
- Fever

2. O'Brien PE, et al. ReShape Lap-Band: Outcomes and Results. J Laparoendosc Adv Surg Tech A. 2003;13(4):265-270

FAQs

How much weight can I expect to lose?

After 1 year, 65% of excess weight has been shown to be lost, and 70% at 2 years.³ On average, patients kept off 47.1% of their excess body weight after 15 years of having the ReShape Lap-Band.⁴

Can the ReShape Lap-Band® be removed?

Although the ReShape Lap-Band System is not meant to be removed, it can be. In most cases, this can be done laparoscopically. Surgeons report that the stomach generally returns to its original shape once the ReShape Lap-Band is removed. After the removal, though, you may soon return to your original weight, or even gain more.

What about pregnancy?

Your surgeon will advise you about their recommendations for avoiding becoming pregnant in the first year or two after your ReShape Lap-Band surgery. The ReShape Lap-Band is the only bariatric surgery option that is adjustable and adaptable to the changing requirements of pregnancy.⁵ The ReShape Lap-Band Program gives you the freedom to lose weight now to improve fertility and lower pregnancy-related complications, such as nutritional deficiencies. Adjust the band to your changing nutritional and physical requirements during pregnancy.

What if I go out to eat?

Order only a small amount of food, such as a healthy appetizer. If you order an entrée, ask the waiter to serve you half and wrap the rest so you can take it home for another meal. You may want to let your host or hostess know in advance that you prefer smaller portions.

What about alcohol?

Alcohol is high in calories. It also breaks down vitamins. An occasional glass of wine or other alcoholic beverage, though, is not considered harmful to weight-loss. Follow your surgeon's advice regarding drinking alcohol.

Am I allowed to have the ReShape Lap-Band loosened for a special occasion?

Generally, no. Most surgeons/programs will not deflate bands for holidays. However, the ReShape Lap-Band inside of you is 'your' band, you should discuss this with your surgeon. However, it can be opened for medical reasons, such as pregnancy or prior to having other surgery that requires general anesthesia.

³ Robert Michaelson, Diane K. Murphy, Todd M. Gross, and Scott M. Whitcup. Obesity (2013) 21:1148-1158. ReShape Lap-Band for Lower BMI: 2-Year Results from the Multicenter Pivotal Study

⁴ O'Brien PE et al. Annals of Surgery, Volume 257, Number 1, January 2013 Long-Term Outcomes After Bariatric Surgery Fifteen-Year Follow-Up of Adjustable Gastric Banding and a Systematic Review of the Bariatric Surgical Literature

⁵ Dixon J, et al. Birth Outcomes in Obese Women After Laparoscopic Adjustable Gastric Banding. Obstetrics and Gynecology 2005.



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

Because weight-loss is achieved over a longer period of time with the ReShape Lap-Band, there's a lower chance of developing loose skin.

- You are able to eat without becoming satisfied or noticing any restriction. It may be too loose.
- You are not losing weight. The band is possibly too loose. It could also be too tight, causing you to choose a liquid diet.

How many adjustments will I need?

Some patients may need adjustments every 4 to 6 weeks during the first year. After that, adjustments are usually less frequent. Some patients need very few adjustments.

How will I know when I need additional ReShape Lap-Band adjustments?

The most common signs for adjustments are:

- You are not able to eat much of anything without experiencing discomfort, reflux (heartburn) or vomiting. The band may be too tight.

What can I eat after an adjustment?

If your surgeon adds fluid to your ReShape Lap-Band® during your adjustment, they may have you go back to liquids like clear soup for the first day or so. Then, much like your first few days after surgery, you can work your way back to well-chewed solids over the next couple of days.

One important point.

Always follow your surgeon's advice. It is important that you ask them all the questions you may have about the ReShape Lap-Band Adjustable Gastric Banding System.

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Take Control



Important ReShape Lap-Band® System Safety Information

The ReShape Lap-Band® System is indicated for weight reduction for patients with obesity, with a Body Mass Index (BMI) of at least 40 kg/m² or a BMI of at least 30 kg/m² with one or more obesity-related comorbid conditions. It is indicated for use only in adult patients who have failed more conservative weight reduction alternatives, such as supervised diet, exercise and behavior modification programs. Patients who elect to have this surgery must make the commitment to accept significant changes in their eating habits for the rest of their lives. The ReShape 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, who are unwilling or unable to comply with the required dietary restrictions, or who currently are or may be pregnant. The ReShape 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. Placement of the ReShape 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. Most common related adverse events include: Band slippage, pouch dilation, stoma obstruction, gastroesophageal reflux, esophageal dilation, cholelithiasis, incisional infection, abdominal pain, gastroenteritis, 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.

CAUTION: Rx only

For full safety information, please scan this QR code or visit <https://www.lapband.com/safety>



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Acknowledgments

This ReShape Lap-Band Aftercare booklet was created by ReShape Lifesciences with the help of ReShape Lap-Band System patients, based on the worldwide experience of successful ReShape Lap-Band System surgical practices.

* Patients' results and experience may vary