

Lap Band Information

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For those individuals who are thinking of lap band surgery, there is a great deal of information available on the Internet, through talking to others who have had the procedure and from attending free lap band seminars.

Usually among the most noted Lap Band Questions will include how the procedure works, how much the surgery costs and if insurance will cover any of the costs.

Among questions prospective lap band patients should ask are:

How much weight can one expect to lose?

Just as lap band adjustments differ from patient to patient, so too will the amounts of weight loss. The most important factor for patients to remember is that they need to keep a healthy diet and exercise regularly after lap band surgery to make the procedure productive.

Individuals should set reasonable weight loss goals so that they are not unhappy with the results following lap band surgery. A goal of 1 to 3 pounds a week in the first year after the operation is certainly attainable, but one pound a week is more likely for the majority of lap band patients.

If not comfortable with the band, can it be removed?

Although the band is not recommended to be removed, it can be taken out. In some cases this procedure can be done laparoscopically. The stomach generally returns to its original feel once the lap band is gone. After the removal, though, lap band patients should take into consideration that they may soon return to their original weight or even see additional pounds on their frame.

Will hunger be a problem after lap band surgery?

The lap band makes individuals eat less food and feel full in two manners - by subtracting the capacity of the stomach and increasing the amount of time necessary for food to pass through the digestive system.

Will a lap band patient need vitamin supplements following surgery?

Individuals could possibly need a vitamin supplement following the lap band procedure. It's possible the person may not receive the recommended level of vitamins from three small meals a day. During their regular office visits, the patient's specialist will determine whether they are getting the proper amounts of vitamin B12, folic acid, and iron.

Will insurance cover the lap band procedure?

More and more insurance companies are covering lap band surgery. It is important to check with the staff at the lap band center one uses to see about each individual's insurance plan. If insurance does not cover the procedure, the patient can still go ahead with the surgery by paying through other financial means.

While an individual can have many Lap Band Questions, more and more people are discovering that lap band surgery is

the solution to their weight loss needs.