

Preparing for Lap Band

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Leading up to lap band surgery, Shane underwent endoscopy and proceeded through the basic orientation.

After undergoing the lap band surgery, Shane said it was several days before he got back on his feet, but he recovered nicely and was beginning on his liquid diet, the first part of the post-surgery diet.

Shane said he has to remember following the surgery that his diet is altered and he's had some adjustments to make to the new diet.

Shane's ultimate dream is to drop approximately 145 pounds and bring his weight down to near 225 pounds.

When it comes to advising potential lap band patients, Shane recommends they should do their homework on the procedure and go for it once they have decided it is for them.

For Shane, Lap Band Solved the Weight Issue and he enjoys seeing each pound bid farewell.