Preoperative and Postoperative Care Instructions

**Laparoscopic Adjustable Gastric Band**

- No lifting greater than 10 lbs. (a gallon of milk) or driving for 1 week.

- You may shower in 24 hours, but do not soak the incisions (i.e. tub, hot tub, pool, or ocean) until evaluated in the office.

- Remove outer dressings in 3 days (or if it becomes wet), leaving sutures or steri-strips in place and wash with soap and water daily.

- Follow up in our office in 1 week for wound evaluation and suture removal (if present).

- Follow your diet as instructed by the dietician.

- Gradually increase fluids.

- Gradually increase activity.

- Continue to take frequent deep breaths, cough periodically, and use your incentive spirometer (if one is given to you) to expand your lungs.

- Use your pain medication and antibiotics (if prescribed) as directed.

- Please notify us if you have a fever of 101 or greater, bleeding, nausea or vomiting, inability to urinate, or pain greater than expected.

*Please contact our office if you have any questions or concerns.*

(251) 424-1620