



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