



Patient Info: Instructions after LAP-BAND Surgery

by Dr. Jose Erbella

Procedure	LAP-BAND, Laparoscopic Gastric Banding
Incision Care	Remove any dressing(s) in 24hrs. The incision(s) may be sealed with staples , a skin adhesive (Dermabond) or covered with white adhesive tapes known as steri-strips . Either way, there is no need to cover up the incisions again with gauze.
Shower	You may shower 24 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them.
Pain Medication	You will be given a prescription for a narcotic pain medication (usually liquid Lortab). Options for non-constipating pain medications include products that include liquid Ibuprofen or Tylenol. To combat constipation, you should take a stool softener (Colace) twice each day. Remember to crush all of your pills or use the liquid alternatives given by the pharmacist for the first two weeks following surgery.
Common Complaints	Shoulder pain & gas pain/bloating are common during the first week or so. Over-the-counter liquid Tylenol (Acetaminophen) or Ibuprofen (Motrin) are good options for the shoulder pain & simethicone (Extra Strength GAS-EX) will help with the gas pain. Your throat may be sore from the breathing tube. This too resolves in a day or two. Cough drops and throat lozenges are soothing.
Activity	Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 6 weeks .
Diet	Remember the program: Stick to liquids for 2 weeks, then mushy/pureed foods for 2 weeks, then transition to solids as instructed. Stay away from sticky foods (bread, pancakes, steak & chicken). Take a liquid multivitamin & drink a protein shake(s) daily.
Return to Work	You may return to work in 1-2 weeks .
Physician Appointment	Call (941) 896-4788 to make your post-operative appointment to see Dr. Erbella in 1-2 weeks or if you have any questions.
When to call your Surgeon	Persistent nausea or vomiting. Persistent fever over 101.5 degrees F (39 C). Pain that is not relieved by your medications. Persistent cough or shortness of breath. Purulent drainage (pus) or bleeding from any incision. Redness surrounding any of your incisions that is worsening or getting bigger. If you are unable to swallow or drink liquids. Leg swelling.
In Case of Emergency	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.