

LapBand Post-Operative Instructions

On discharge from the hospital you are still early in your recuperative period. Full recovery is still weeks away. Your actions during this recuperative period are very important to your full and complete recovery. Please follow these instructions and aid us in your quick and total return to full activity.

1. Home is a secure environment..... You will REST better at home. Take advantage of this...REST!!!!!!!!!!
2. Pain indicates you might be overdoing it. Avoid activities which cause pain or tenderness.
3. You may use the laxative of your choice, as needed.
4. DO NOT drive until instructed by the doctor following your surgery.
5. Please be sure to get all prescriptions filled and take them as prescribed.
6. Please call the office for your follow-up appointment with Dr. Minkin after you are released from the hospital, unless otherwise instructed.
7. DO NOT lift anything over 5-10 pounds!!!! Lifting anything over 10 pounds will put undue strain on your incision and you risk the possibility of getting an incision hernia. It takes 4-6 weeks for your incision to heal properly.
8. You may shower daily but no tub baths unless you have been instructed otherwise.
9. Refrain from sexual relations until after you have seen Dr. Minkin postoperatively.

IF YOU NOTICE ANYTHING UNUSUAL, PLEASE CALL THE OFFICE IMMEDIATELY! PLEASE NOTIFY THE OFFICE IF YOU NOTICE ANY OF THE FOLLOWING:

- **FEVER OVER 101 DEGREES**
- **SIGNS OF INFECTION SUCH AS REDNESS AROUND YOUR INCISION OR EXCESSIVE DRAINAGE FROM THE INCISIONS**
- **PAIN THAT IS SEVERE**
- **VOMITING**

Your diet and eating habits will be strictly monitored for approximately 6-8 weeks. Foods will be gradually added in a time frame that must be adhered to, both to assure you a full recovery, as well as, your comfort during recuperation. To deviate from the diet will inhibit your healing and possibly cause nausea and / or vomiting, abdominal pain, or esophageal spasms. Direct contact with the office is available Monday through Friday from 9:00 am to 4:00 pm. After hours and on weekends, you may reach Dr. Minkin through the answering service by calling the number 314-865-6000. Please leave a message and they will contact him. If you have an emergency and have not been contacted by Dr. Minkin or the doctor on call for him, go to the emergency room at Des Peres Hospital.