

## Lap Band Nutritional Needs

### Lap Band Nutritional Needs

Immediately following Lap Band surgery one's nutritional intake will involve only liquids during the first week.

During this portion of the recovery, your stomach will only be able to work with liquids. Those liquids that are available to you during this period include water, fruit juices, skim milk, and chicken or beef broth, popsicles, and other likewise items.