

Your LAP-BAND® Fill

The LAP-BAND® journey is different for each person and the exact amount of fluid required to make the new stomach opening the right size varies from person to person.

An ideal “fill” level should be just tight enough to let you gradually lose weight. That means you should still be able to eat enough to get the nutrients that you need, while still reducing the overall amount you can actually eat.

Your first fill will be at 6 week after surgery and then every 4 weeks as needed. During the first year, most patients get between six and eight adjustments. The most common reasons for adjustments are discomfort or vomiting after eating, eating too much without feeling full, or not losing weight. Once you reach your goal weight, your adjustments may become less frequent.

What to expect

- There are 2 sizes of bands—AP standard (holds 10 cc’s) and AP large (holds 14 cc’s). Your doctor will determine size during surgery.
- The band is empty right after surgery so you may not notice much restriction until you fills start.
- It may take 2–3 fills originally before you feel the band decreasing your needed volume of food.
- As your fill get tighter your volume needs of the right kinds of foods will decrease and weight loss should increase.
- You must choose the right foods and exercise or the band will not work for you.
- Expect 1–2 lbs of weight loss per week once the band is filled to your “set point” and you are following the rules.
- Do not hesitate to call our office if you have issues or questions.



Tips for success

I may need a fill when I am:

- Building up to my “sweet spot” fill amount
- Can eat too much of the recommended food without getting full
- Can eat a large volume of breads and pastas without discomfort
- Hungry between meals
- Not losing weight despite exercise and proper food choices

I have the right amount of fluid when I am:

- Losing 1–2 pounds while eating solid protein, fresh fruit and vegetables and exercising at least 3 days a week
- Not hungry between meals
- Feel comfortably full after small portions of the right foods

I may need fluid removed when I am:

- Coughing and having heart burn at night
- Only able to eat liquid foods and solids get stuck
- Having lots of discomfort while eating
- Vomiting with most meals even though I am eating slow and chewing well

Tricks of the Trade

If a food gets stuck ask yourself:

- Did I chew well?
- Did I eat slow?
- Was it the right food choice?
- Was it too dry?
- Has this food gotten stuck before? If so maybe that food does not work for you

If something gets stuck, stick to liquids the rest of the day as the stomach lining needs time to heal or nothing else will go down. The next day slowly add solids back.

When should I call for help?

- When food is stuck for a long time and will not go through
- When you can't get anything down-even liquids
- When you are vomiting and nauseous non-stop

Call our office number 303.269.4370 any time or go to the Parker Hospital ER and they can un-fill you emergently.



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