

## Lap Band Requirements

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Patients who decided to Choose Lap Band and had the surgery will have to follow a strict diet offered by their doctor and/or nutritionist in order to get the maximum positive results from the procedure over a period of time.

A productive long-term weight control is only possible by living a lifestyle that combines a healthy balance between the average number of calories consumed and the average amount of calories "burned" through activity.

Given all the possible foods that are out there, and all the possible life events to take part in, it is certain that there are numerous lifestyle combinations one can select from.

The majority of patients who Choose Lap Band will discover not long after surgery that it was the answer for them changing their lives for the better.