



SURGICAL WEIGHT LOSS PROGRAM  
CONNECTICUT SURGICAL GROUP

### Post-operative Lap-Band Diet

Please know that this information is meant to offer guidance.  
Each patient is different and the ability to progress and types of foods tolerated depends on the individual.  
For specific questions, call the RN line at 860-524-3016. Thank you!

#### Day 1: First day after surgery

##### Clear Liquid Diet

- Any Sugar-free drink (i.e. water, Fruit2O, Crystal Lite, Diet Snapple, etc.)
- Decaf Tea/Coffee, Herbal Tea, or Sugar-free Hot cocoa
- Unsweetened Iced Tea
- Broth (beef, chicken, vegetable)
- Sugar-free popsicles
- Sugar substitute (i.e. Splenda, Sweet N' Low, etc.)

#### Week 1: Follow this diet for 7-10 days after surgery

##### Full Liquid Diet

- Protein shakes (1/4-1/2 shake usually tolerated; DO NOT FORCE yourself to complete the full shake)
- Applesauce, no sugar added
- Skim milk, Fat free Lactaid milk, Soy or Rice Milk
- Light yogurt
- Instant oatmeal, Farina, Cream or Rice/Wheat
- Sugar-free pudding (chocolate, vanilla, butterscotch)
- Anything from previous stage

#### Week 2: Follow this diet for days 8-14 after surgery

##### Pureed Diet

###### Meats

- Chicken, Tuna, Shrimp, or Egg salad (no celery)
- Fish (plain or with lobster sauce)
- Deli Ham or Turkey
- Ground Beef or Turkey

###### Dairy

- Pureed, scrambled eggs
- Low fat cheeses, Goat cheese
- Cottage cheese (small curd)
- Light fruited yogurts

###### Other

- Pureed, cooked veggies
- Whipped potatoes
- Bananas
- Creamy low fat peanut butter
- Diet jello
- Canned pureed fruits
- Tomato juice/soup/ or V8

- Anything from previous stage

- ***Your post-op visit is to be within 10-14 days after surgery. The next dietary steps will be discussed at that time.***



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• ***To be followed after your first office visit***

**Weeks 3 & 4:**

**Soft Diet**

- Everything from previous stages
- Chicken, Tuna, Shrimp, or Egg salad (no celery, soft/smooth)
- Flaky fish
- Mashed vegetables
- **Avoid** bread, chicken breast, beef (Foods that require excessive chewing)

**Week 5 and on: First Lap-Band adjustment to occur during this time period**

**High protein, sugar-free diet**

- As tolerated, all food consistencies are allowed
- Protein first at every meal!
- No concentrated sweets, no carbonated beverages
- Avoid stringy, fibrous foods (i.e. celery, stringy beans, bread, red meat, dry poultry)

- ***After any Lap-Band adjustment make sure you follow the instructions “Lap-Band Diet After Adjustment”.***