

## Am I Really Ready?

*To get the best results from LAP-BAND® Adjustable Gastric Banding System surgery, your mind and emotions need to be as ready as your body. Here are some ways to make sure you're really set to change your life.*

The mind is a powerful thing. And if your brain isn't fully on board with your decision to have LAP-BAND® Adjustable Gastric Banding System surgery, you may not achieve the exciting weight-loss results that are possible with this tool.

"This is not simply a surgical procedure—you are changing your whole lifestyle," says William Perry, PhD, professor of psychiatry and chief supervising psychologist at the University of California, San Diego, Medical Center. "It's important to know you're mentally ready." Here's what can help you (and your surgeon) gauge that readiness.

**Follow through with evaluations.** LAP-BAND® surgeons recommend (and sometimes require) a psychological evaluation before the procedure. While this may be a new experience for some people, most LAP-BAND® candidates who've gone through it say it actually gave them a lot of good information and insight to call upon—both before and after the surgery.

**Check your expectations.** As you prepare for surgery, the most important mental check is to have realistic expectations, according to Perry. "If someone hopes to lose 100 pound in six months, that's not realistic," says Perry, who consults with LAP-BAND® patients at the university's Center for the Treatment of Obesity. Talk with your surgeon about what's realistic for you.

**Understand what comes next.** "Sometimes going in, people think they'll have the surgery, come out thin and eat whatever they want," Perry says. While the LAP-BAND® System is a tool for success, you must also be ready to make lifestyle changes that support long-term weight loss. These include following a smart diet, committing to exercise, and meeting with your surgeon for adjustments and ongoing support.

**Be honest about where you are right now.** Along with prepping your outlook on diet and exercise, you may need to evaluate any major obstacles standing between you and weight loss with the LAP-BAND® System. For example, addiction and depression are issues you may need to contend with before undergoing surgery. Other potential distracting factors: a change in your marital status, move, or other major life change.

**Rally your support.** If you're comfortable and confident that family and friends will be supportive, get them ready to back you up. "Having friends and family understand that you'll be undergoing a major life change helps you mentally prepare for the procedure and have a support group in place afterward," says Susan Silver, PhD, a psychotherapist who provides psychological support for LAP-BAND® patients at Wellink Surgical Specialists in Aurora, Colorado.

**Don't rush it.** At first, moving forward with your LAP-BAND® decision may seem like a lot of waiting. But in the end, you'll be glad you took all the steps to give yourself the best chance at weight-loss success with the LAP-BAND® System.

## Important LAP-BAND<sup>®</sup> Safety Information

**Indications:** The LAP-BAND<sup>®</sup> System is indicated for weight reduction for patients with obesity, with a Body Mass Index (BMI) of at least 40 kg/m<sup>2</sup> or a BMI of at least 30 kg/m<sup>2</sup> with one or more obesity related comorbid conditions.

**Contraindications:** The LAP-BAND<sup>®</sup> System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis) who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions or who currently are or may be pregnant.

**Warnings:** The LAP-BAND<sup>®</sup> System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition, may require deflation of their bands. Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

**Adverse Events:** Placement of the LAP-BAND<sup>®</sup> System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

**Important:** For full safety information, please visit [www.Lapband.com](http://www.Lapband.com), talk with your doctor or call Allergan Product Support at 1-800-624-4261.

**CAUTION:** Rx only.