

## Don't Defeat Your Band

*Sneaky little things like high-calorie drinks can prevent your LAP-BAND<sup>®</sup> Adjustable Gastric Banding System from doing its job—helping you eat less. Here's what to watch out for.*

Not losing weight? You may be defeating your band without realizing it. Here are six common pitfalls that can bring weight loss to a standstill.

**1. Grazing.** Nibbling and too-frequent snacking mean you're eating extra calories—which translates into slowed-down or stopped weight loss or even weight gain. Follow the meal plan from your surgeon. If you're hungry between meals, it may be time for an adjustment.

**2. A LAP-BAND<sup>®</sup> that's too loose.** If you're always looking for between-meal snacks or feel hungry after finishing meals, your band may be too loose. When your LAP-BAND<sup>®</sup> Adjustable Gastric Banding System isn't tight enough, you won't feel satisfied after eating and will miss out on the hours of satiety afterward that a well-adjusted band provides to prevent overeating.

**3. A LAP-BAND<sup>®</sup> that's too tight.** A tighter LAP-BAND<sup>®</sup> System doesn't mean faster weight loss. Far from it. When your band is so tight that eating solid food feels uncomfortable, you may compensate with foods and drinks that slip past the band easily, such as liquid calories from soda or juice, soft high-calorie foods like ice cream, or easily crumbled items like potato chips. If your band's this tight, ask your doctor about an adjustment.

**4. Eating big bites and/or eating quickly.** Taking small bites and chewing each one well are important strategies to avoid overeating.

**5. Sipping liquid calories.** Fruit juice; sweetened fruit drinks, soda, and iced tea; alcohol; fancy coffee drinks topped with whipped cream and loaded with sugar; even milk shakes and smoothies won't keep you feeling full—they glide past your LAP-BAND<sup>®</sup> System and contain hundreds of calories, which your body absorbs. Stick with water and calorie-free drinks. And keep your fruit sources whole—not juice.

**6. "Lubricating" your band.** When you use sauces, creams, oily salad dressing, or other slick, high-fat foods to ease a tight band, you're taking in lots of extra calories. What you may really need is an adjustment to loosen your LAP-BAND<sup>®</sup> System. It's important to listen to your LAP-BAND<sup>®</sup> and work with your doctor to find the right tightness that allows you to feel full and comfortable. We call this getting into the Green Zone.

*Be sure to consult with your doctor about your nutrition plan.*

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



**Indications:** The LAP-BAND® 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® 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® 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® 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.