



The Crawford Clinic

1900 Leighton Avenue Suite 101 Anniston, Alabama 36207
Phone: 256-240-7272 Fax: 256-240-7242

Lap Band Adjustment Instructions

Post-op Instructions

1. Wound Care:

- OK to shower day of adjustment .
- Lift nothing heavier than a gallon milk jug or 5lbs the day of the adjustment.
- Liquids on the day of adjustment.
- Soft food on 2 days after adjustment.
- Regular food on 3 days after adjustment.
- F/U with The Crawford Clinic in 1 month to weigh in.
- If you loose more that 5 -10 lbs the month after adjustment, we will not adjust you on the next visit.
- A little swelling at the site is normal.
- If the wound continues to swell after leaving the facility, call the office immediately.
- If you cannot tolerate liquids 24 hours after the adjustment, contact the office immediately.

Call The Crawford Clinic right away if:

- You develop a fever over 101.5°F (38.5°C).
- You have redness, swelling, pain, or drainage from the incisions.
- You become dizzy and faint.
- You have chest pain.
- You have nausea and vomiting.
- You become short of breath.
- You have abdominal pain or swelling that gets worse.

Call during office hours if:

- You have questions about the procedure or its result.
- You want to make another appointment.
- If you require more pain medication.