

Items to Avoid at First

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The majority of lap band surgeons will want their patient to exercise by "breaking a sweat" several times per week following surgery.

Anything that may be viewed as "strenuous" should be avoided the first few months after surgery.

Following the first month after lap band surgery individuals should stay away from any type of exercise that can put their surgery in jeopardy. Activities to avoid early on would be things like ice skating, rollerblading or any form of exercise where the individual could be involved in a hard fall.