

## Band Adjusting

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In looking into the Obesity Lap Band Procedure, individuals will soon discover that one of the countless advantages to the band procedure unlike the gastric bypass operation is that the band is adjustable through a short office visit.

Having the band adjusted in the weeks and months following surgery in the doctor's office permits the person seeking to lose weight to deflate or inflate the band as needed. This part of the band procedure will help the individual in controlling the amount of food they consume.

Each individual who has the Obesity Lap Band Procedure must realize that there is no guarantee of weight loss and they must adhere to dietary recommendations and follow a good exercise program following surgery.