



**Instructions for after Gastric Banding Adjustment:**

Liquids only for 24 – 48 hours, then soft foods for 3-4 days

Return back to eating regular food

After 1-2 weeks of eating regular food, if you are still able to eat or are eating larger portions, are hungry or you are not losing 1-2 pounds per week, then call back to schedule an appointment for an additional adjustment.

If you experience vomiting, heartburn, or nighttime coughing, please call to schedule an appointment as fluid may need to be removed.