

# Gastric Band (Lap Band) Surgery

When you're considering bariatric surgery, one of the first steps is finding out more - more about the benefits and risks of the procedures. And remember: Only you and your bariatric surgeon can decide which procedure is right for you.

## What Is Lap Band Surgery?

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Lap band surgery or gastric banding is a surgical procedure that restricts the amount of food you can consume without interfering with your body's natural digestive process. Your surgeon implants a lap band – a silicone band that is placed around the upper part of your stomach, molding the stomach into two connected compartments. The lap band can be adjusted by your surgeon to fit tighter or looser, allowing you to lose weight while still getting the nutrients your body needs.

## How Is Lap Band Surgery Performed?

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Adjustable gastric banding (lap band) is performed laparoscopically to minimize incisions. The lap band contains an injection port. Your surgeon injects saline solution into your lap band through the port to increase the restriction, so you feel full after eating less food.

## Types of Gastric Bands

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In the U.S., two types of adjustable gastric bands have been approved by the FDA: Lap-Band is manufactured by Allergan and REALIZE band is manufactured by Johnson & Johnson. Memorial Hermann NewStart specializes in REALIZE gastric banding procedures.

## Advantages of Lap Band (Gastric Banding)

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Gastric banding is a safe, effective and adjustable procedure that offers many advantages:

- Proven effectiveness
- Reversibility
- Normal digestion and absorption
- Less impact on the body

## Life After Gastric Banding

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### Health Benefits

[Studies](#) found that gastric banding:

- Resolved type 2 diabetes in 47.8 percent of patients
- Resolved high blood pressure in 38.4% of patients
- Improved high cholesterol in 78.3% of patients

## **Quality of Life**

One meta-analysis stated that for bariatric surgery patients who experienced significant weight loss:

- Overall quality of life improved greatly
- They experienced improved physical functioning and appearance
- They experienced improved social and economic opportunities

## **Recovery**

Your NewStart team will advise you when to return to work and the time needed to be able to resume normal activities.