

Rivertown Surgery Center
822 Farrar Drive
Conway, SC 29526
(843) 347-9587

LAP BAND DISCHARGE INSTRUCTIONS

1. Gastric band liquid diet for 2 weeks. See Daily Supplementation sheet for additional instructions.
2. You may walk, climb stairs, but no heavy lifting or strenuous exercise.
3. You may shower but no tub baths or swimming. Remove your Band-Aids after showering and replace them, but **do not** remove any wound closures such as steristrips or clear surgical adhesive (glue).
4. If you have been given a prescription for pain medicine, use as directed.
5. No driving for 5 days or while in pain or taking pain medicine.
6. Call if problems arise including excessive pain, nausea or vomiting, develop fever, chills, or wounds become reddened, swollen, painful or begin to drain material. The office number is 843-347-3900. Go to the nearest emergency room if an emergency arises.
7. Use an ice pack to abdomen every 2 hrs for 48hrs
8. Resume all home medications unless specifically told not to restart certain medications.
9. Your follow up will be _____.

I have read and understand the above instructions:

Responsible Party Signature _____

Nurses Signature _____ Date _____