

Lap Band and Post-Pregnancy

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Just as women prior to becoming pregnant want to know about how Lap Band surgery could impact them and their baby, women who have had a child or children want to know what the impact of Lap Band surgery is after a pregnancy.

A number of studies have shown that pregnancy is safe following Lap Band surgery if you follow a couple of important guidelines.

To start, for the safety of you and the baby it's critical to avoid becoming pregnant for one year after Lap Band surgery as this is the time where one's weight loss will be at its height.

With Lap Band surgery, one can safely conceive six months following the procedure but might not have dropped enough weight yet to avoid pregnancy related health issues.

As with any patients who have had Lap Band surgery, nutritional supplements need to be taken on a regular basis prior to, during and after pregnancy.

Important supplements to increase include iron to make new red blood cells, calcium for mineralization of fetal skeleton, folic acid to prohibit birth defects, vitamin B1 (thiamine), vitamin B12 and vitamin A. Women should also consume protein supplements in the form of protein shakes (Table1) or protein bars to assist in a healthy body.