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Life After A Fill

After every fill there are some things to keep in mind. This could be the “sweet spot” that provides you with perfect restriction. The “sweet spot” can occur at different times for everyone – and can change once you have achieved it! Adequate restriction can occur after one fill or after twelve (or more) and is different for everyone. This requires you to proceed with caution **after each fill** to avoid setbacks. Here are some things to keep in mind.

- The symptoms of being too restricted can show up one to ten days after a fill and can include heartburn, nighttime coughing, difficulty swallowing and vomiting.
- Progress your diet **SLOWLY** after a fill. **Liquids only for 24 hours** (protein drink, broth, sugar-free Jell-O®, sugar-free Popsicles®). After 24 hours, begin **soft foods** (yogurt, thin creamed soups without meat or vegetables, cottage cheese, refried beans, tuna with mayo for moisture). If you can tolerate soft foods for two to three meals then progress to other soft solid foods as tolerated, avoid tough meats like steak. Remember, as you achieve ideal restriction your **food tolerances will decrease**, not increase.
- Chew each pea-sized bite thoroughly. You may have gotten out of the habit of chewing your food thoroughly if you have not experienced getting food “stuck”.
- Wait between bites. The food limit of your pouch changes after a fill. Give your stomach time to register the food and let the band tell you if you can proceed with another bite. Remember to stop eating after your “soft stop” (deep sigh, sneeze, hiccup, watery eyes or runny nose, etc).

WE DO NOT WANT YOU TO VOMIT! Vomiting can cause your band to “slip” or “herniate”, a condition where the lower part of your stomach is forced through the band and gets stuck in the top part of your stomach above the band. The surgeon may need to remove all the saline from the band, allow your stomach to recover and then refill the band with saline after swelling in the stomach resolves. If removal of saline does not improve your symptoms, then surgery is necessary to either move the lower stomach to its normal position or to remove the band completely to prevent death of the stomach tissue.

CALL 913-677-6319 IF YOU ARE VOMITING