

## Lap Band and Exercise

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While medications can play an important role following lap band surgery, patients should also seek to have a good exercise program in place.

The exercise program will help lap band patients to stay in shape, get in better shape in many cases and not have to worry about weight problems down the road.

The most important thing for lap band patients is to consult with their lap band specialist about what medicines to stop and which they can continue with once having lap band surgery.