



Getting started

first few weeks

ReShape
lap·band® Weight-Loss Program

Congratulations!

ReShape
lap·band®

Off to a great start!

As a new ReShape Lap-Band® Patient, you are well on your way to successful weight loss. And as exciting as your decision to move forward with ReShape Lap-Band surgery is, it's important to know that, after the procedure, you have a significant role to play in achieving a healthier, happier life.

This booklet is designed to help you get off to a great start.

Inside, you'll find the guidance you need to make required changes in your diet and behavior that will allow you to heal properly. (Healing is more important in these first few weeks than losing weight.) Some changes will have to be made immediately following your ReShape Lap-Band surgery. Others will need to follow in the days and weeks ahead.

You'll also learn about ReShape Lap-Band adjustments and get an overview of what to expect during these simple follow-up appointments. Plus, you'll discover the importance of connecting with your healthcare professionals and surgeon, all of whom may have additional instructions for you.

It's important to work closely with them, communicate openly, and follow their advice carefully. Call them promptly with any symptoms you may notice that could indicate a complication – especially once you're home from surgery. (You'll find a list of these symptoms on page 5.)

Once you've healed and have transitioned to eating solid foods, and after your first adjustment, aftercare, lifestyle changes will help you along the path to long term weight loss.

Please note: The contents of this booklet are only recommendations by ReShape Lifescience®. Always defer to your doctor's opinion on post-surgery matters.

Immediately after surgery



Now is a good time to set your expectations for the next several weeks.

You should know that the first month after surgery is a healing period. It is more important to let your stomach adjust to the ReShape Lap-Band® System than it is to lose weight in the first few weeks. Don't worry if you don't see significant weight loss right away. Remember, for successful and healthy long-term weight loss, studies show that losing a steady one-to-two pounds per week is optimal.¹

Weight-loss results will vary from patient to patient, and the amount of weight you lose will depend on several things. Most importantly, the ReShape Lap-Band needs to be at your right fill level, and you need to be committed to your new lifestyle and eating habits. This doesn't happen overnight.

In general, you'll want to follow the advice of your surgeon and/or dietitian about the foods you eat. With their guidance, in a few weeks you will slowly be able to move to solid food – and start seeing steady weight loss.

Be aware of symptoms that may signal a potential complication.

The ReShape Lap-Band has been proven to be safe.² However, as with all surgeries, there are some potential risks for complications after surgery. It's important to know the difference between normal body reactions to the surgery – such as soreness at the incision site, gas, and difficulty ingesting liquids – and signs and symptoms of a potential complication, listed below.

Please note: some signs and symptoms could indicate a potential complication.

If you experience any of the following, speak with your surgeon.

- Sleep disturbances
- Respiratory symptoms
- Chronic cough
- Recent onset of asthma
- Recurrent or prolonged bronchitis
- Pneumonia
- Persistent regurgitation of liquids
- Rapid heartbeat (over 100 per minute at rest)
- Persistent chest/abdominal pain
- Fever

1 ReShape Lap-Band AP Adjustable Gastric Banding System, DIRECTIONS FOR USE (DFU) ReShape Lifesciences Inc., 2022
2 O'Brien PE, et al. ReShape Lap-Band: Outcomes and Results, J Laparoendosc Adv Surg Tech A. 2003;13(4):265-270.



The first few days

Water and liquids and walking.

Right after your operation, you can take an occasional sip of water or suck on an ice cube. Any more than this may cause you to be nauseated or regurgitate. The day after your operation, you can drink a little more water. But again, take only a small amount at a time. In the next few days, along with water, choose clear, thin, broth-type liquids that have enough calories to help compensate for the food you're not able to eat. You can drink low calorie liquids and eat low calorie Jell-O that you let melt in your mouth before swallowing. If you're unable to keep any fluids down, cutting back on how much you're drinking should help. But if frequent or

persistent regurgitation occurs, call your doctor immediately.

In these first few days, you'll also want to walk around as much as you comfortably can to regain your strength and prevent blood clots. For more physical exercise, give yourself two- or three-weeks' time to recover first – and then take it slow. While you may be ready to resume all your normal activities and start a new exercise program in four to six weeks, you should consult your doctor beforehand to ensure that your planned activity level is appropriate to your stage of recovery.

What about food?

After surgery, you will require a new, temporary diet for recovery. Your surgeon and/or dietitian can help you with the eating and lifestyle changes you need to make, so be sure to discuss these changes with them thoroughly. A new diet is essential to your recovery progress. It allows your stomach to heal and the ReShape Lap-Band® to remain in the right position. It may take a month or more for this healing to happen. During this time, especially in the early weeks, you'll want to keep from stretching the small stomach pouch above the ReShape Lap-Band. Regurgitation or vomiting can stretch this pouch and can also increase the chance of your stomach tissue slipping up through the ReShape Lap-Band System.

Why would I start regurgitating?

ReShape Lap-Band patients may experience regurgitation early on in their postoperative course as they advance their diet progression and they learn how to eat with their band. Although not common, it can occur if you eat too large of a bite, don't chew well enough, eat bites too quickly or with overeating. If you experience frequent regurgitation this could be due to postoperative swelling, or the band is too tight. You should follow up with your surgeon to rule out the need for an adjustment or the possibility of potential complications.

Please note: This information is meant to be an overview. Your surgeon may give you more specific instructions. Be sure to follow the instructions your doctor gives you.



Weeks 1 & 2

Stick to a liquid diet.

The goal during this early postoperative period is to protect the small stomach pouch. Continue drinking water to keep hydrated and add thin liquids that can be tolerated. Recommended liquids during this phase include:

- Clear broth or soup (with no vegetables, meat or cream)
- Low-fat milk
- Protein shake
- No-sugar-added Popsicles

Please note: To help prevent or reduce the likelihood of being unable to keep liquids down, drink very slowly and be careful not to drink too much at once.

Weeks 3 & 4

Add pureed foods to the menu.

In the third and fourth weeks, you may start eating slightly textured foods. Aim for the consistency of baby food. This will help you transition to more solid foods later. Because protein is so important to help you maintain muscle while you are losing weight, eat protein-rich foods first, and then move on to fruits and vegetables.

Foods in this stage may include:

- Pureed skinless chicken or fish
- Mashed potatoes
- Low-fat yogurt or pudding
- Jell-O
- Pureed vegetables



Week 5

Enjoy soft foods but chew well.

Your meals can now include tender, cooked foods such as fish and ground turkey. Make it a habit to chew these foods thoroughly. (If you have dentures, be sure to cut your food into small pieces beforehand.) If you don't follow these precautions, you could experience nausea, stomach irritation and swelling – even a blockage at the opening of the stomach. Advancing to heavier foods may also cause vomiting which can increase the chances of band or stomach slippage or stretching of the small stomach pouch above the band.

If you have any of these problems with soft foods, stop eating them and go back to the liquid diet you had earlier. Then, you can slowly add soft foods again.

Ask your doctor or dietitian for advice specific to your situation.



Adjustments to the ReShape Lap-Band System



The what and why of ReShape Lap-Band® System

Adjustments are in-office procedures aimed at decreasing hunger and appetite, and increasing fullness, to give you and your doctor more control over ensuring healthy weight loss. They enable customization of the ReShape Lap-Band® to meet your needs. For example, if the band is too tight, you'll choose liquid calories and may not lose weight or experience too much regurgitation. If it's too loose, this could mean that you won't lose enough weight each week to reach your weight-loss goals. The ReShape Lap-Band journey is different for each person, as is the exact amount of fluid required to make the new stomach opening the right size for you.

The adjustment procedure is done

by inserting a fine needle into the access port under the skin of your abdomen. You may feel a pricking sensation similar to when you give blood. Adjustments can be made in a doctor's office. Ideally, post-adjustment, your ideal fill volume should allow you to lose weight gradually. You can learn more about achieving this balance – or being “in the Green Zone” in the *Aftercare, Lifestyle Changes* booklet.

Please note: Only a clinician trained and authorized by ReShape Lifesciences® can adjust the ReShape Lap-Band. Never let an untrained clinician or a non-medical person do it. To avoid causing adverse events or damage to the ReShape Lap-Band, never try to make any adjustments.

Your first adjustment.

When implanting the ReShape Lap-Band®, it's typical for a surgeon to leave the band empty to allow healing to occur around your new upper stomach. During the first few weeks after surgery be especially careful to avoid regurgitation, because it puts unwanted pressure on this area.

Once you've had a chance to live with the ReShape Lap-Band for a few weeks, and after you have transitioned comfortably to eating solid food, you and your surgeon may want to make an adjustment to the ReShape Lap-Band to meet your specific weight-loss goals. Your first adjustment usually takes place four to six weeks after surgery, but this can vary from patient to patient. You and your surgeon can determine the timing and level of fill that's right for you.

Key considerations will include your weight-loss goals, the amount of food you can comfortably eat, your exercise routine, and how much fluid is currently in the ReShape Lap-Band.

Note: To get the best results, you may need additional adjustments in the months to come. An ideal fluid “fill” level should result in the ReShape Lap-Band promoting gradual weight loss. In other words, you should be able to eat enough to get the nutrients you need, while still reducing the overall amount you need to feel satisfied.



The ReShape Lap-Band®, your healthcare team, and you.

Success is a team effort.

As you move forward, keep in mind that the ReShape Lap-Band® doesn't work on its own. Success comes when you, your healthcare team and your ReShape Lap-Band all work together. The partnerships you develop with your surgeon and clinicians is the key to that success. Communicating with them when questions or concerns arise, and following their advice and instructions is always the right thing to do. They may recommend post-surgery support groups that may be available to you in your area.

This is a new beginning for you, and with the right healthcare support and lifestyle changes, it's one that can lead you to a healthier weight and a happier life. We wish you lots of success – *Aftercare, Lifestyle Changes* has been created to help you achieve it.

FAQ

Frequently asked questions

Will I be in pain after the procedure?

You may feel some pain around the incision sites, especially under the skin of the abdomen where the access port is placed. You may also experience pain and discomfort in your joints and shoulders. This pain may be caused by gas – different from intestinal gas – that was used to inflate the abdomen during surgery. It will go away, but it's important to walk around after your surgery to help it resolve.

How long is the average recovery period?

The average hospital stay is less than 24 hours. Typically, it takes about one week before you can return to work. You can start preparing yourself by making sure you get out of bed and move around in the first two days after surgery – even if you're just able to take a few steps at first. In the first one to two weeks, walking is recommended as a simple, safe way to start getting exercise and building up stamina. You can also try other light forms of exercise – for example, moving your arms up and down or, while seated, raising or stretching your legs. But give yourself at least a full month before you attempt anything more strenuous, such as light aerobics. And always check with your doctor about the amount and type of exercise that is best for you.

Will I feel sick a lot after the operation?

If you feel nauseated or sick on a regular basis, it may mean you need to chew your food more thoroughly or follow your new diet more strictly. However, feeling sick could indicate a problem with the adjustment (ReShape Lap-Band could possibly be too tight) of the band – so contact your doctor if you feel sick regularly. In either case, chew your food slowly and as thoroughly as you can to help prevent vomiting or regurgitation – which can cause the small stomach pouch to stretch or lead to slippage. These scenarios could reduce the success of the operation or require an adjustment (to remove some of its fluid content). In some instances, another operation may be required.

FAQ

Frequently asked questions

Will I suffer from constipation?

There may be some reduction in the volume of your stools. This is normal because of decreased food intake. But it shouldn't cause severe problems. If difficulties do arise, speak with your doctor. They may suggest you take a mild laxative and drink plenty of water for a while. Drinking six to eight glasses of water a day is a good idea.

Will I need to take vitamin supplements?

A common recommendation for ReShape Lap-Band patients is to take a multivitamin with B12, folic acid and iron, once a day. A daily dose of calcium may also be recommended.

(At your regular checkups, your specialist may evaluate whether you are getting enough vitamin B12, folic acid and iron.)

What about other medications?

You should be able to take prescribed medications. You may need to use capsules or break big tablets in half or dissolve them in water so they do not get stuck. Large vitamin pills

may not fit through the narrow part of the stomach created by the band. Chewable vitamins or liquid vitamins are a good alternative. Always ask the doctor who prescribes your drugs about this. Your surgeon may tell you to avoid taking aspirin or other non-steroidal anti-inflammatory pain relievers. That's because they may irritate the stomach, in rare cases causing need for removal of the ReShape Lap-Band.

Is it okay if I drink alcohol?

Alcohol is high in calories. It also breaks down vitamins. An occasional glass of wine or other alcoholic beverage, though, is not considered harmful to weight loss. Always defer to your doctor's instructions.

What should I expect at my first follow-up appointment?

You should expect to discuss your eating and exercise habits, and your rate of weight loss.

This discussion will help determine whether it is the right time for you to have an adjustment. Ask your doctor what type and size band you have. There are different size bands which may require different fill volumes.

Do I need at least 2 or 3 cc of fluid in the band for it to work?

The ReShape Lap-Band® is designed to suit your individual needs. Because every person is different – some people need less fluid and some need more – there is no set formula to determine how much you need. Do not compare someone else's fluid fill to yours. Your doctor needs to evaluate you and will consider:

- Your hunger before and after meals
- Your weight-loss progress
- How and what you eat, and what you cannot eat
- The presence of any Red Flags (symptoms) that suggest your band is too tight

What is the most important thing I need to know about adjustments?

Do not be in a hurry to have an adjustment too soon. The ReShape Lap-Band offers you a way to achieve steady and safe weight loss. Finding the right balance between losing weight gradually and receiving adequate nutrition is optimal. It's what we call being "in the Green Zone," and the purpose of adjustments is to help you get there. You should be able to eat small amounts of food with comfort. If you are too "tight", you will find it hard to get adequate nutrition.

Also, you could have symptoms such as reflux ("heartburn") or vomiting.

How would I know if the ReShape Lap-Band is "too tight" or "overfilled"?

If the adjustment results in too tight a stomach opening, you could have a hard time eating most foods. Sometimes this causes people to avoid solid food and instead eat soft foods or drink liquid meals. This can result in weight gain, especially if the liquid is high in calories. If the ReShape Lap-Band is too tight, it can cause reflux symptoms ("heartburn"), particularly at night. It can also cause frequent vomiting. The opening into the larger stomach could become completely blocked and prevent you from being able to keep any food or fluids down. Should you develop these symptoms, notify our surgeon at once.

How much does an adjustment cost – and will my insurance pay for it?

The answer to this question will vary. Ask your clinical coordinator or office manager.

One final point:

It is important that you ask your surgeon all the questions you may have about the ReShape Lap-Band. It is also essential that you follow their instructions.

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Take Control



Important ReShape Lap-Band® System Safety Information

The RESHAPE LAP-BAND® System is indicated for weight reduction for patients with obesity, with a Body Mass Index (BMI) of at least 40 kg/m² or a BMI of at least 30 kg/m² with one or more obesity-related comorbid conditions. It is indicated for use only in adult patients who have failed more conservative weight reduction alternatives, such as supervised diet, exercise and behavior modification programs. Patients who elect to have this surgery must make the commitment to accept significant changes in their eating habits for the rest of their lives. The RESHAPE LAP-BAND® System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results, who are unwilling or unable to comply with the required dietary restrictions, or who currently are or may be pregnant. The RESHAPE LAP-BAND® System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands. Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion. Placement of the RESHAPE LAP-BAND® System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body. Most common related adverse events include: Band slippage, pouch dilation, stoma obstruction, gastroesophageal reflux, esophageal dilation, cholelithiasis, incisional infection, abdominal pain, gastroenteritis, or nausea and vomiting may occur. Reoperation may be required. Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

CAUTION: Rx only

For full safety information, please scan this QR code or visit <https://www.lapband.com/safety>



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Acknowledgements

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* Patients' results and experience may vary

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