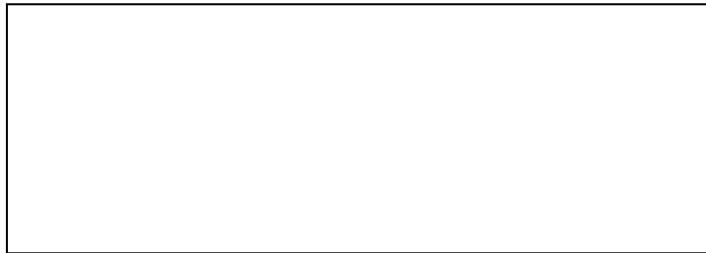


# ORBERA Balloon Removal Post-Operative Instructions



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Your Orbera balloon was removed today.

You need to be aware you may feel very hungry after removal. You will not wish to see your efforts at weight loss disappear. Suggestions to prevent weight gain are:

- Close attention to your diet to keep portion sizes small and food intake low in carbohydrate and high in fruits and vegetables.
- Glass of water before each meal.
- Metamucil one teaspoon daily.
- A weekly weigh may help.
- Regular contact with your dietitian.

