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Post Balloon Instructions

- A minimum of 200 steps every 1-2 hours is required while deep breathing.
- Only liquids should be consumed for two weeks post-procedure, then soft foods for the next two weeks. You may return to eating solid food after one month.
- Call in for a follow-up appointment if you don't already have one. You will need to be seen 1 week post balloon for a check up.
- You may perform daily light exercise if you wish, but no abdominal or core exercises should be performed for 1 month after your procedure.
- No lifting anything heavier than 10 lbs for 2 weeks after your procedure.

For question or concerns please call: (310) 208-0474

If you feel you are having a medical emergency call 911 immediately.

Office of Dr. Carson Liu