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# Post Surgery Instructions

- A minimum of 200 steps every 1-2 hours is required while deep breathing.
- Call in for a follow-up appointment if you don't already have one. You will need to be seen 2 weeks post surgery for wound check.
- Showering is acceptable as soon as the next day; however, do not let the water directly hit your incisions. When done, you may pat yourself lightly with a clean dry towel.
- Be sure not to put any ointments, lotions, etc. on or near your incisions.
- You may perform daily light exercise if you wish, but no abdominal or core exercises should be performed for 1 month after surgery.
- No lifting anything heavier than 10 lbs for 2 weeks after surgery.

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