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# Post Lap-Band Instructions

- A minimum of 200 steps every 1-2 hours is required while deep breathing.
- Only liquids should be consumed for two weeks post Lap-Band surgery. Please see Nutritional Guidelines.
- Call in for a follow-up appointment. You will need to be seen 2 weeks post surgery for a weigh in and 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. Liu

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