

Post-Op Instructions After Laparoscopic Cholecystectomy

Diet

- Start with a bland, low fat diet, eat plenty of fiber, and avoid creamy or greasy foods.
- Over the next 3-4 weeks you will be able to resume your normal diet.

Incision Care

- If Steri-Strips were used:
 - You may shower. Remove the external dressings in 48 hours.
 - The tapes over the incisions stay on for up to 7 days, and then you can remove them.
- If Dermabond (skin glue) was used:
 - You may shower now, but do not vigorously scrub the incisions.
 - The Dermabond will flake off in 7-10 days. Do not pick at the incisions.
- Avoid immersing the incisions in a bathtub, pool, or hot tub for 2 weeks. Soreness near the navel incision and the incision above the navel is common and takes the longest time to resolve.

Pain Medications

- You will be given a prescription for a narcotic containing pain medication such as Percocet or Lortab. Take them with food and plenty of water. They can cause drowsiness and nausea.
- Your pain medications may cause you to become constipated. Should this happen, take milk of magnesia as per the directions on the bottle. You may also use stool softeners like Colace.
- Do not drive or operate heavy machinery while taking these medications.

Activity

- Get up and walk at least three times a day.
- You may drive when you are off the narcotic pain medication for 24 hours, and able to push the brake pedal with force if necessary to stop quickly.
- Avoid lifting objects over 10 pounds for the first 2 weeks after the operation.
- Avoid strenuous activity, exercise, or sexual intercourse until after your follow-up visit.
- Other activities are fine so long as you can perform them without causing pain.

Follow-Up Appointment

- Call my office at 341-5311 to schedule a follow up appointment in 2 weeks if not already done.

Call our office at 341-5311 during business hours or the hospital after hours at 341-2556 if:

- Fevers 101°F or higher.
- Spreading redness, swelling, or drainage (bleeding or pus) from the incision sites.
- Worsening abdominal pain, persistent nausea, vomiting, or constipation.
- Yellowing of the skin or the whites of the eyes.
- Any other questions or concerns that may arise pertaining to the operation.
- In case of emergency, go to the Claremore Regional Hospital Emergency Room

I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS

_____ Patient/Guardian Date _____