

Post Operative Instructions for Laparoscopic Cholecystectomy

Diet

- Start with clear liquids (soup, Jell-O, popsicles, carbonated beverages or water).
- Eat a light meal in the evening after surgery and then return to a normal diet.
- Stay on a low fat diet for 1 week.

Medication

- Take medications as ordered by your doctor. Take crackers or toast with pain medications while on clear liquids
- If antibiotics are ordered, take all the pills as directed on the bottle

Activity

- Rest for the next 24 hours
- No strenuous activity for two weeks. You may climb stairs immediately.
- No lifting over 15 pounds for 4 weeks (6 weeks for weight training)
- You may resume sexual activity as soon as you can tolerate it without much discomfort.
- You may return to work in 3 weeks (clerical work) or 4 weeks (manual labor)
- You may swim and ride a bike in 2 weeks.
- You may drive a car when comfortable and narcotic pain relievers are not being used.

Dressing

- There will be 4 to 5 small incisions in the abdominal area. Your incisions will be closed with sutures under the skin. Dressings will cover your incision.
- Keep your dressing clean and dry for 2 days, then remove them.
- If you have steri-strips (small strips of tape), leave them in place for 5 days.
- You may shower after you remove your outer dressing.
- If Tegaderm is used to cover your wound, you may shower in 24 hours. Remove all dressings in 5 days. (Tegaderm is a clear plastic dressing)

What to Expect

It is common to experience:

- Right shoulder or back discomfort for 24-48 hours after surgery, gradually this will go away. You may use a heating pad.
- Soreness in the abdominal area similar to an ache you would feel after starting a new exercise program involving your abdominal muscles. This ache will gradually go away within a few days.
- Your abdomen may be distended for a few days after surgery.
- You may have bruising or bluish discoloration. It will gradually go away over the next 2-4 weeks
- You may feel sleepy, rest for the first 24 hours.
- You may have some nausea or vomiting, but this should not persist.
- You may have a sore throat.
- It may take a few days before you have a bowel movement. Bowel irregularity is expected with pain medications. Take prune juice and/or take a stool softener to

prevent constipation. If you feel constipated you may take Milk of Magnesia or Dulcolax or a fleet enema. You may also experience diarrhea, especially if eating foods high in fat. This should gradually resolve, allowing your diet to return to normal.

Miscellaneous

- No alcohol or driving for 24 hours or while taking pain medication.
- Do not make any personal or business decisions for 24 hours.
- Call our office at (408) 972-6010 from 9am-12pm and 1:30-5:00pm or (408) 362-4740 after hours and on weekends to speak to our surgery advice nurse if:

You have persistent nausea or vomiting

You are unable to urinate eight hours after surgery

You notice excessive bleeding or unexpected drainage from the wound site

Your pain is not relieved by pain medications

Your eyes turn yellow

After the above hours and on weekends, call the advice nurse.