

Post Operative Instructions for Cholecystectomy - Laparoscopic (Gallbladder Removal Through a Laparoscope)

Activity

- It is not necessary to limit your activity. (If a larger than normal incision was required Dr. Bransky will discuss limitations with you.)
- Do NOT do any heavy lifting (nothing greater than 15 pounds).
- You can shower after your surgery. Do NOT take a bath or use a hot tub or sauna for 1 week after surgery.
- Sexual activity is safe as soon as you are comfortable.
- Do not drive for 48 hours after surgery.
- Do NOT drive a car while you are taking pain medicine.

Diet

- You can eat a regular diet on the day you go home. However, greasy or fatty foods may initially cause stomach upset or diarrhea.

Daily Incision Care

- There are small dressings or Band-Aids over your incision sites. The Band-Aids can be taken off after 48 hours. The Dermabond will come off by itself.
- There may be Steri-Strips (white adhesive strips) on the actual incision; they usually fall off 1 to 2 weeks after surgery. Take the Steri-Strips off in 2 weeks if they have not fallen off on their own.
- No special cleaning or care is needed. Wash gently with mild soap and water. Do not scrub.

Soreness

- You will be provided a prescription for pain medicine when you go home.
- Use Ibuprofen (Motrin, Advil, or Aleve) or Acetaminophen (Tylenol) if pain is not severe. These medicines have fewer side effects than narcotics.

Common Problems

- It is normal to feel tired, have pain around the incision, a change in bowel habit, and/or loss of appetite. These symptoms should resolve within a week of surgery.
- You may have discomfort in your shoulder and chest for up to 48 hours after surgery. This is caused by gas used during the operation. The discomfort will go away when your body absorbs the carbon dioxide.

Call Dr. Bransky If

- You have chills or fever greater than 101°F (38.3°C)
- You develop abdominal pain that gets worse.
- You have redness, swelling, increased belly pain, pus or a foul odor at the incision site.
- Your skin or eyes are turning yellow (jaundice).
- Your urine becomes dark-colored.
- Your bowel movements become pale.

Follow-Up

- If you have not scheduled a follow-up appointment call Dr. Bransky's office to schedule one for 2 weeks from the day you went home.
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- In case of emergencies, call Dr. Bransky and/or proceed to the nearest Emergency Room.