

Post Operative Instructions for Cholecystectomy - Open (Gallbladder Removal)

Activity

- You may feel tired for the first couple of weeks after your operation. Take a nap when you feel tired.
- Walking around the house, office work, climbing stairs or riding in a car is fine as soon as you feel able.
- Do NOT do any hard physical activity, heavy lifting (nothing greater than 15 pounds) or sports for 4 weeks after surgery.
- You may take a shower (even if there is a drain in place), unless Dr. Bransky gave you different instructions.
- Do NOT take a bath or use a hot tub or sauna until the incision is closed and the drains are taken out.
- Sexual activity is safe as soon as you are comfortable.
- 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.
- Your appetite may be less than normal. Do not force your self to eat. Eat when you are hungry!

Daily Incision Care

- Gently wash the skin around your incision daily with mild soap and water.
- Change dressing (gauze) daily if there is one on your incision.
- Keep the dressing dry and clean.

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

- If antibiotics were prescribed after your surgery, take all of the pills in the bottle as directed. Even if you feel well, do NOT stop taking them until they are gone. If you develop diarrhea notify Dr Bransky.
- Pain medicines can cause constipation. If you have constipation (not being able to have a bowel movement) take 1 tablespoon of Metamucil each day for the first few weeks to help with this problem.

Call Dr. Bransky If

- Your skin looks jaundice (yellowish color to your skin or the normally white area of your eyes)
- You have chills or fever greater than 101°F (or 38.3°C).
- You have redness, swelling, increasing pain, pus or a foul smell at the incision site.
- You have dark or rust colored urine.
- You have bowel movements that look clay colored (no color) instead of brown.

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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.
- In case of emergencies, call Dr. Bransky and/or proceed to the nearest Emergency Room.