



Patient Info: Post-Op Instructions for Gallbladder Surgery

Procedure	Laparoscopic Cholecystectomy
Incision Care	Remove any dressing(s) in 48 hrs. The incision(s) may be sealed with staples , a skin adhesive (Dermabond) or covered with white adhesive tapes known as steri-strips . Either way, there is no need to cover up the incisions again with gauze.
Shower	You may shower 48 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 10 days after surgery, you may remove them.
Pain Medication	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). Options for non-constipating pain medications include products that include Ibuprofen or Tylenol. To combat constipation, you may take a stool softener (Colace) twice each day.
Common Complaints	<p>Shoulder pain from the carbon dioxide used during the procedure is common. Your body absorbs this gas naturally over a 48 -72 hour period. Tylenol (Acetaminophen) or Ibuprofen (Motrin) is usually sufficient to relieve this discomfort.</p> <p>Your throat may be sore from the breathing tube. This too resolves in a day or two. Cough drops and throat lozenges are soothing.</p>
Activity	Do not do any heavy lifting (more than 5 pounds) or vigorous exercise for 4-6 weeks .
Diet	Stick to a low-fat diet for at least the first few weeks. Fatty foods such as fried chicken or a greasy cheeseburger may lead to diarrhea. If your throat is sore, try eating soft foods.
Return to Work	You may return to work in 1-2 weeks .
Physician Appointment	Call (941) 744-2700 to make your post-operative appointment to see your surgeon in 2 weeks or if you have any questions.
When to call your Surgeon	<p>Persistent fever over 101.5 degrees F (39 C).</p> <p>Pain that is not relieved by your medications.</p> <p>Persistent nausea or vomiting.</p> <p>Persistent cough or shortness of breath.</p> <p>Purulent drainage (pus) or bleeding from any incision.</p> <p>Redness surrounding any of your incisions that is worsening or getting bigger.</p> <p>If you are unable to eat or drink liquids.</p>
In Case of Emergency	Your surgeon is available 24 hours a day at 941-744-2700, or call 911, or go to your nearest emergency department at Manatee Memorial Hospital or Blake Medical Center.