



Laparoscopic Gallbladder Surgery

Post-Operative Instructions

First week after surgery:

- Be prepared to have a responsible adult drive you home. You may wish to have someone stay with you for the first 24 hours in case you need assistance.
- You may have bruising and soreness around your incision sites. This is normal and will decrease over 2 to 3 weeks time. It is normal to have a small amount of clear drainage from your incision sites for a couple of days. Your incisions will be covered with tape. DO NOT remove it. You may remove the outer dressing two days after surgery. It is ok to shower at that time. You may not submerge yourself in water (bath tub, hot tub) until your doctor has cleared you to do so. Do not remove tape while showering. It will fall off over time, or will be removed at your post-operative appointment.
- Take your pain medication as needed. Do not wait until you pain is severe before taking it. You should notice that you no longer need pain medication after 4 to 7 days. Difficulty with urination may be a side effect of taking pain medication. If you experience this, try urinating in a warm shower to help with urine flow. If you are still unable to urinate, please call our office. If you have trouble having a bowel movement, take a bulk laxative such as Metamucil or Citrucel. You should have a soft bowel movement in 2 to 4 days. If you are still having difficulty with bowel movements, ask your pharmacist about adding a stool softener such as Colace. If you are already taking Colace and have not had a bowel movement after 3 days, take 2 ounces of Milk of Magnesia. If you have not had a bowel movement after 12 hours, call the office.
- Drink plenty of clear fluids for at least one week after surgery. This will help your bowels return to normal functioning, and will help with the healing process.
- Reduce your physical activity for the first few days after surgery. You may walk and do normal day to day activities as long as it does not cause pain. DO NOT lift anything heavier than 10 pounds (such as a jug of milk) for at least 2 weeks after surgery. You may add 5 pounds per week to your lifting guidelines thereafter. This will allow your incisions to heal as you ease back into your normal activities of daily living.
- Eat a low fat diet for 1 to 2 weeks after surgery. You may feel slightly nauseated for a week after surgery. This is normal and will decrease over time.
- DO NOT drive while you are taking pain medications. DO NOT drink alcohol while you are taking your pain medication.
- Make sure that you have a follow up appointment scheduled with your surgeon 7 – 10 days after your surgery date.

Contact our office:

- If you develop a fever greater than 101 degrees or notice bloody, white or green colored drainage from your incision sites.
- If you develop a large red area around your incisions.
- If you have a reaction to your medication. Ex. Hives, rash, shortness of breath