

# **POST-OPERATIVE INSTRUCTIONS**

## **LAPAROSCOPIC CHOLECYSTECTOMY**

**DIET:** You may resume a solid diet as soon as you are hungry. It is best to stay on a low fat bland diet and to eat plenty of fiber. Avoid fried, greasy, spicy or fatty foods or cream sauces. In 3-4 weeks, you can slowly get back to your usual diet. Drink plenty of water, juice, or Gatorade for a few days.

**WOUND CARE:** You may change the dressing at any time after surgery. You may shower 24 hours after surgery. Remove the band-aids before showering and leave them off if there is no drainage. Beneath the band-aids, your incision will be covered with dermabond (skin glue). Do not try to remove the dermabond. Do not put anything on the incision such as Neosporin or any Vaseline based product, as this will break down the dermabond and may cause the incision to open. Call the office if there are any signs of infection such as pain, redness, or persistent drainage.

**ACTIVITY:** You will probably want to lie around for the first day after surgery, but try to walk at least three times a day. Stairs are not harmful. Avoid lifting anything heavier than a gallon of milk. Refrain from strenuous activity, exercise, or sexual intercourse until after your follow-up visit. Do not drive or operate heavy equipment for 3-5 days after surgery or until you are completely off the narcotic pain medicine and are not hindered in any way.

**MEDICATION:** You will get a prescription for a mild painkiller before you leave the hospital. Start with one every four hours and increase to two if that doesn't help. Take the pills with food. If they make you nauseated, try extra strength Tylenol or Advil. If it persists, call the office for a new prescription. Medications **will not** be refilled after hours or on the weekends.

**FOLLOW-UP:** Call the office at (432)580-8330 to make a follow up appointment for 1-2 weeks after surgery. Do this as soon as you get home from the hospital or on the next business day if you are released after hours or on the weekend.

**EMERGENCY:** If you have any problems or questions, do not hesitate to call the office number. After hours, you will reach the answering service. Tell them your name, when you had surgery, what kind of surgery you had and what kind of problems you are having. They will contact the doctor. Call if you have severe pain, persistent vomiting or fever over 101.0 degrees. If it is an extreme emergency, please go to the closest emergency room.

**Thank you for allowing us the privilege of providing your surgical care.**

Signature \_\_\_\_\_ Date \_\_\_\_\_ Instructions given by \_\_\_\_\_