

Postoperative instructions

Laparoscopic cholecystectomy

Please follow your surgeons instructions if they differ from the following statements

Your return home

Dressings (Opsite^{MC}):

- Keep your dressing on for the first three days.
- You may shower.
- No baths or pools are permitted for fourteen days.



The little white dressings under the primary dressing (Steri-StripsTM):

Keep the little dressings directly over your incision for a full seven days.

- If a little dressing falls off (during shower), no need to replace it.
- If there are stitches, they will dissolve gradually.

Diet:

- Consume clear liquids for the first meal and resume your normal diet thereafter, unless otherwise advised by your surgeon.

Physical activities

- Walking is permitted.
- Climbing stairs is permitted.
- No sport for four to six weeks.
- No lifting more than ten pounds for four to six weeks, or as per your surgeon's instructions.
- No driving for three to seven days after surgery, or longer if you are taking pain medication.

Pain control and constipation prevention

- Take your prescribed medications regularly or take TylenolTM and AdvilTM.
- Shoulder pain is normal after this surgery and will disappear after 48 to 72 hours.
- Drink prune juice and/or take MetamucilTM.

If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-ad-ay or Clearlax until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- redness and swelling;
- hardening or discharge (other than blood) of the incision;
- fever and chills;
- increase in pain;
- pain and heat from the calf;
- vomiting;
- sudden shortness of breath.

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

Next appointment:

Date:

Time:

To book your appointment, call you Surgeon's office.

The office information was given with your discharge instructions.

Notify 24 hours in advance for cancellations

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