

## Postoperative instructions

### Laparoscopy cholecystectomy



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5100267 (14-01)

#### Your return home

##### Dressing:

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

##### The little white dressings (Steri-strips™):

- 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:

- Clear fluid diet for the first 24 hours, then a progressive diet.

#### 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 Tylenol™ and Advil™.
- Right shoulder pain is normal after this surgery and will disappear after 48 to 72 hours.
- Drink prune juice and/or take Metamucil™.  
If this is not effective, take one tablespoon of Milk of Magnesia daily 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:



**Hôpital  
Montfort**

**To reach the Ambulatory Clinic:**  
1<sup>st</sup> level, D wing, room 106  
713 Montreal Road, Ottawa, Ontario  
Telephone: 613-746-4621 ext. 4307

Please call on the day following  
your surgery to book your appointment.

Notify 24 hours in advance for cancellations.

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