



Post-Op Instructions Following Laparoscopic Cholecystectomy

- You may want to take it easy for a couple of days after discharge from the hospital, especially the first day home.
- You may resume full activity as soon as you feel up to it. You should be able to return to work within 7-10 days and resume driving approximately 3 days after surgery unless you are still taking prescription medication, still experiencing pain or a lot of soreness.
- Some pain in incisional areas is common. A prescription for pain medications will be given to you. You may want to use the pain medication for the first couple of days, then switch to acetaminophen or ibuprofen. Follow the instructions on the label. Shoulder pain and mild sore throat may also be experienced. If shoulder pain occurs, a heating pad can be applied to the area for 10-15 minutes 2 to 3 times daily. For sore throats, gargling, throat lozenges or chloraseptic spray may be used.
- You will have several puncture sites on your abdomen. Your incision will be closed with either staples or sutures. If sutures are used they will all be inside and dissolve in several weeks. There may be steri strips (tapes) in place. The tapes will peel off on the edges and may fall off. If not, you may remove them in 7 days. If staples are used, they will need to be removed about 7-10 days after your surgery. You may shower with the staples in place. You may feel a hard ridge under your incision line - this is normal and nothing to be concerned about.
- Constipation may be experienced after surgery. Milk of magnesia or a mild laxative is recommended. You may have loose stools for the first 2-3 days, but this will usually resolve after that. Follow the instructions on the label. You may also experience gas pain for which you may use Mylicon tablets, Gas-X, or drink a cup of hot tea.
- Please call the office after discharge to make a follow-up appointment for 14 days after your surgery.
- Please call the office for the following signs and symptoms:
 - Any new or worsening abdominal pain especially associated with nausea and vomiting
 - Temperature above 101
 - Any redness, swelling, drainage or increased bleeding from incision.

Visit Our Web Site at www.WestFloridaSurgery.com

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Post-Op Instructions Following Laparoscopic Cholecystectomy (Continued)

If you have any issues or questions, please call your physician at one of the phone numbers below.

Patient Responsibility

I have read and fully understand the above post-operative instructions for my Laparoscopic Cholecystectomy

Patient's Name (Please Print): _____

Patient's Signature: _____

Today's Date: _____

Thank you for choosing Surgical Associates of West Florida to provide your surgical care.

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