



# LAPAROSCOPIC CHOLECYSTECTOMY

These instructions will help you take care of yourself at home.



## DIET

Start with clear liquids after you reach home (ginger ale, water, apple juice, soda). Wait about 45 minutes and if you do not feel sick, try bland foods first. You may want to avoid fatty, greasy or rich foods.



## ACTIVITIES

Rest today. Gradually increase activity as tolerated. No heavy lifting (nothing over 10-15 pounds) for 4 to 6 weeks. No driving until you stop taking the pain medication. It is normal to expect: (1) Diarrhea for a few days after surgery; (2) Pain around your shoulders, neck and chest from the gas that was used to expand your abdomen during surgery; (3) Small amount of bruising around incision sites.



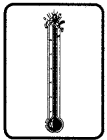
## SPECIAL CARE NEEDED

Keep dressings dry and in place for 48 hours. After 48 hours you may remove dressings and shower. If you have dermabond (topical skin adhesive) on your incision, keep dry for 48 hours. Then you may shower. The dermabond will slough off on its own in 5-10 days.



## MEDICATIONS

Please use an over-the-counter stool softener such as Colace as long as you are taking your pain medication.



## INFECTION

Watch for any sign of infection after surgery: **fever, chills, increased pain, redness, swelling, or foul smelling discharge from your wound.** Call your doctor at the first sign of any infection.



## WHEN TO CALL YOUR DOCTOR

Call 434-924-0000 and ask for "Resident on call" for Dr. \_\_\_\_\_ if:

- Shoulder, neck or chest pain that lasts longer than two (2) days and is not relieved by pain medicine.
- No urine output eight (8) hours after surgery
- No bowel movement in three (3) days
- There are signs of infection as above
- Vomiting lasting more than four (4) hours
- Large amount of bleeding or swelling

**Call 911 if you have chest pain or shortness of breath**