



## Laparoscopic Cholecystectomy

**Surgical Date:**

**Time:**

**Location:**

The hospital or surgery center will contact you prior to surgery with all pre-operative instructions.

### Post-Operative Instructions

Below is a list of answers to commonly asked questions our patients have after a laparoscopic cholecystectomy. This list is meant to help you understand your recovery. Each patient has a different experience, so these guidelines are general in nature.

1. **Diet:** You may wish to start out slow the night after surgery. Have small amounts of food for two or three days. Then resume to your normal diet.
2. **Wound:** Remove your outer bandage 24 hours after surgery. Leave the small strips in place (steri-strips). You may shower 48 hours after surgery. Do not soak for three days.
3. **Minimal activity** for two or three days, then you may resume normal activity as tolerated. Walking is encouraged. It is better to take your pain medicine and ambulate, than to stay in bed. No driving automobiles while taking pain medication, and until reaction time and movement are back to normal.
4. **Pain:** It is not unusual to have pain after surgery. Pain medicine should be taken before pain becomes severe. You may get right sided pain that hurts when you breathe. This is normal and should go away in one to three days. If your pain is increasing or not adequately treated with the pain medicine, please call the office. You may apply ice to the wound sites for up to 30 minutes four times a day to reduce inflammation and pain at the wound site.
5. You should make a postoperative appointment 1 week after your surgery or release date from hospital at 922-8222.