

Discharge Instructions: Laparoscopic Cholecystectomy

What To Expect

As a result to your procedure today, you may have:

- pain and soreness at the incision sites
- change in bowel habits (diarrhea or constipation)
- bloating or gas pains
- decrease in appetite

Wound Care

- You may shower 24 hours after the procedure. It is okay for soap and water to run over incisions.
- Do not soak in a bathtub, go swimming, or use a hot tub.
- Keep incisions clean and dry. Do not scrub incisions. Pat dry.
- A skin glue product (Dermabond®) was used on your incision(s). Do not pick at the glue. It will fall/flake off in 7-10 days.

Activity/Restrictions

Start walking after surgery, and begin your everyday activities as soon as you feel up to it. Take it easy for 2-3 days following your procedure, and gradually increase your activity as tolerated.

- For the first 2 weeks, do not lift anything over 10 pounds. There are no lifting restrictions after 2 weeks.
- After you are discharged to home, you can start taking your regular daily medications unless your doctor gives you other instructions.
- If you are taking blood thinning medications (such as aspirin, warfarin/Coumadin®, enoxaparin/Lovenox®, or apixaban/Eliquis®) ask your physician when it is safe to resume

Pain Control

- Mild pain can be managed with over the counter medications such as Extra Strength Tylenol®. One caplet is 500 milligrams (mg). You can take 2 caplets every 6-8 hours, while symptoms last. The makers of TYLENOL® have lowered the maximum daily dose of Extra Strength TYLENOL® products from 4,000 mg per day to 3,000 mg per day. **This means the maximum dose is 6 caplets a day.**
- Check all medication labels. Acetaminophen may be an ingredient in over-the-counter and prescription medications.

- Generally, you do not need a prescription opioid (narcotic) medication after a laparoscopy.
- You may take a stool softener at night, if needed, to help prevent/treat constipation.
- If diarrhea occurs, it is usually temporary. If it persists, contact your doctor.

Diet

- You may return to normal food at home. Start with clear liquids and gradually increase your diet to your normal diet. You may wish to avoid fatty or heavy foods for the first few days, since they can cause nausea or diarrhea.
- Eating a high fiber diet can help prevent constipation.

Call Us If...

- you have a fever greater than **100.4°F (38°C)** or a fever with chills
- your surgical wounds are bleeding, red/warm to the touch, or if you have thick, yellow, or green drainage from the incisions
- you have pain that is not helped by pain medications or is getting worse
- you cannot eat or drink
- you have nausea or vomiting lasting more than 1 day

Follow Up Care

- Follow up with your surgeon is generally within 2 weeks. At that visit, the incisions will be inspected and any findings from surgery will be discussed. Any questions or problems can be discussed at that visit, or you can call the office sooner if needed.

Questions or Concerns

If you have any questions or concerns, please contact the GI clinic at **716-845-4005**.
You can also reach Roswell 24/7 at **716-845-2300**.