

DISCHARGE INSTRUCTIONS FOR LAPAROSCOPIC CHOLECYSTECTOMY

For the first week or two following surgery, you may feel somewhat weak and tired. Be up and about and return to routine activities as soon as you feel comfortable. No lifting greater than ten pounds for three to four weeks.

Maintain a well balanced diet, eating what you tolerate best. Pay special attention to an adequate fluid intake. Foods with high fat content may cause indigestion for the first month and should be avoided.

You may shower in 48 hours. Remove the bandages at this time, but leave the white adhesive strips in place until they become loose and start to fall off. Apply clean bandages, if needed. If you have staples, they will be removed at the first postoperative visit.

You may have some chest pain or shoulder pain for the next several days. This is due to residual gas in your abdomen. This is nothing to be alarmed about and will gradually disappear. Remember to stay active.

A heating pad to the right side of the abdomen or back may relieve some discomfort.

Take the pain medication, if needed. Do not drive a motor vehicle or operate machinery while taking pain medication.

Call our office if you notice any of the following possible complications:

1. Severe abdominal pain
2. Unexplained fever (temperature of 101 degrees F)
3. Redness, swelling or drainage from the incision

You will need to return to the office in 10-14 days for your postoperative visit. Please call the office at (817) 267-2678 to set up this appointment.

