

Laparoscopic Cholecystectomy Surgery Post-Operative Instructions

Pain:

You will have some degree of discomfort after your surgery; this should not be severe. You will be discharged with a prescription for pain medication. Take as prescribed.

Operative Site:

Usually the incision consists of 4-5 small puncture wounds where the instruments to perform the surgery are inserted. There may be one or two sutures in place. A Steri-strip tape dressing may also be applied to the puncture wounds and should remain in place for as long as possible. Keep dressings dry for 2 - 3 days; they may be removed after 5 days. If dressings become wet they may be changed beforehand.

Activity:

A nurse will assist you out of bed as soon as possible. Once you are discharged, you can resume usual activities gradually but please do not lift anything over 20 lbs. You may do heavy lifting after 4 weeks. You may shower the day after your surgery if you have a waterproof dressing, but keep the incisions dry, as much as possible. For dry dressings shower 48 hours after surgery and then reapply dry gauze dressing.

Diet:

It is advisable to eat a high fiber diet to avoid constipation that may be caused by inactivity or medications. Avoid high fat, very spicy foods for 2 weeks after surgery and then gradually reintroduce into the diet.

Follow-Up:

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

[Continued On Other Side](#)



Queensway Carleton
Hospital

Additional Information:

Some abdominal bloating is normal for about 2 days. It may cause referred pain under the ribs, in the back and shoulders and will disappear.

Call your Surgeon or go to the Emergency Department if you have any of the following:

- a fever for more than 24 hours.
- a lot of drainage from the puncture sites.
- continued or increased pain or bloating.
- foul smelling drainage.

Do not take any medication containing Aspirin until the Doctor authorizes it.