

Gastrointestinal & Minimally Invasive Surgery Division
Laparoscopic Cholecystectomy Patient Instructions

Activity

- Do not drive an automobile for 24 hours.
- You can resume activities as long as you can tolerate it without any restrictions.
- You may experience aches in your shoulders and chest due to the carbon dioxide placed in your abdomen. This is harmless and will disappear in a few days. It can be relieved by lying flat in bed.
- You may notice some small air bubbles under the skin in your chest and neck area that crackle and pop when pushed. This is also harmless and will disappear in a few days.
- You may return to work in 7 days.
- You may shower as soon as you like.

Diet

- Eat any food or drink that you desire, in moderation.
- No alcohol should be consumed for 24 hours following surgery.

Surgical Care

- The clear dressings are waterproof super glue. It will wear off.
- If a drain was placed, keep a gauze dressing on it only as long as it is draining any fluid, usually 1 to 2 days. This can be replaced after your shower.
- Absorbable sutures were used. No stitches need to be removed.
- Please call your doctor if you have a temperature over 101 degrees, marked swelling, redness or pus from an incision, or any other unusual symptoms.

Pain

- If you have a sore throat from the airway placed in your windpipe during the procedure, use standard non-prescription anesthetic throat lozenges or gargle.
- Your doctor will order pain pills for surgical pain to take home when you are discharged. Use bran, prune juice, or milk of magnesia freely to avoid constipation from the pain pills.
- **Please notify your doctor of any increase in abdominal pain not controlled by your pain medication.**

Instructions given by: _____ Date: _____

Patient Discharged to: _____