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## **POST OPERATIVE INSTRUCTIONS FOR LAPAROSCOPIC CHOLECYSTECTOMY**

- Advance your **diet** as tolerated. Most patients can eventually resume a normal diet without restriction. Signs of food intolerance include nausea, heartburn, indigestion or diarrhea. These are normal postoperative complaints. Avoid meals that cause these symptoms (i.e., rich, spicy, heavy or greasy foods).
- **Pain** is a common complaint after surgery. Right shoulder pain is an especially frequent complaint after gallbladder surgery. You may apply a protected heating pad for shoulder pain.
- Recommended **pain management** regimen:
  - Meloxicam (If prescribed): 1 tablet daily OR Ibuprofen: 400-600mg every 8hrs as needed.
    - These are anti-inflammatory drugs. **Do not take ibuprofen and meloxicam together.** If you have a sensitivity to anti-inflammatories, history of stomach ulcers, or kidney disease do not take anti-inflammatories.
  - Tylenol: This is over the counter. Take 1000mg 3x/daily as needed. Max of 4000mg/24hrs.
  - Oxycodone (or other prescribed narcotic medication): 1-2 tablets every 4-6 hours as needed for breakthrough pain.
- **Constipation** is to be expected while on narcotic pain medications. Most patients do not have their first bowel movement until at least **3 days** after surgery. While utilizing narcotics, you should remain on an over-the-counter stool softener such as Colace or Docusate. Fiber supplementation with Metamucil or Citrucel is also recommended. For severe constipation, Miralax, milk of magnesia, or a fleets enema can be helpful. **Do not** use the enema if you have any chronic kidney diseases such as renal failure.
- **Nausea** is a common complaint post-op. This can be associated with narcotic pain medications, anesthesia, as well as with severe constipation. Try to minimize your use of narcotic pain medications as soon as able. If vomiting, fevers or chills occur, please call the office at 303.449.3642.
- Your incisions are closed with dissolvable sutures and surgical skin glue. The glue can be removed in approximately 1-2 weeks. If the glue comes off sooner, do not be alarmed. You can expect each of the incisions to form a hard knot beneath the skin. **Bruising** is especially common. If you notice any areas of increasing warmth or redness, fevers, or chills, please call the office at 303.449.3642.
- You may **shower** the day of surgery. Avoid soaking your incisions in a bath tub or hot tub until you have been seen in follow-up.
- **Driving** may be resumed when off all narcotic pain medications and you can turn or twist your body comfortably without hesitation.
- **Activity limitations** include no lifting more than **30 pounds** for **two weeks** after surgery.
- Schedule a **post-operative visit** 7-14 days after surgery. If one has not been arranged before surgery, please call the office at 303.449.3642.