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**Post-Operative Instructions: Laparoscopic Cholecystectomy**

**Wound**

- If your wounds have no dressing, then a skin glue called “Dermabond” has been applied. With this you do not need to apply anything to the wounds and may shower the night of the surgery. If your wounds have a dressing, you may remove the dressings and shower in 48 hours. Pat the wounds dry & do not put any salve or medication on them. Leave them open to the air or dress them lightly with a gauze pad.
- During normal healing the wounds may become a little red or bruised looking. This is normal. Also, it is normal to feel a swelling or “ridge” under the wounds. This is part of the normal healing process.
- If there are steri-strips over the wounds, leave these in place until they start to peel off. They can be removed after approximately one (1) week.
- Please call the office at 559-738-0450 should you develop significant redness, swelling, or drainage from the wound(s) or a fever (>101.5).

**Diet**

- A light or liquid diet is recommended for the first night after surgery.
- Avoid fried or fatty food for at least two (2) weeks after surgery. These foods may cause nausea, diarrhea or bloating during the early post-op course.

**Activity**

- Maintain light activity for seven (7) days post-op. I recommend lifting no more than 20 pounds during this time.
- Walking and light aerobic activity is good for your healing process and is encouraged.
- No driving for at least one (1) week and not at all while on narcotics.
- Most people can return to work in 2-3 weeks.
- After two (2) weeks you should be able to slowly return to full activity but I would refrain from heavy weight lifting for a total of four (4) weeks.

**Medication**

- You have been prescribed a light narcotic, \_\_\_\_\_ , for pain relief. Take only when necessary and as prescribed. You may also use extra strength Tylenol or ibuprofen if the narcotic medication is too strong.
- I recommend adding fiber to your diet and taking one (1) stool softener a day to avoid constipation.
- If constipation should occur, you may use a mild laxative such as dulcolax tablets.

**Follow-Up Instructions**

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