**SURGICAL SERVICES**

**Post-Operative Instructions**

**Laparoscopic Cholecystectomy Surgery**

**PAIN:**

You will have some degree of discomfort after your surgery which 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 caused by the instruments used to perform this surgery that were 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 15 lbs.(7 kg). 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. 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 🡪**

Information is available in alternate formats upon request

**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:**

* Elevated temperature (38ºC or 100.4ºF) and/ or chills lasting 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 ASPIRIN™ OR MEDICATION CONTAINING ASPIRIN™, UNTIL ADVISED BY YOUR SURGEON.**

The information contained on this sheet is provided to you and your family to   
help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same." Clean hands save lives.