



Division of General & Gastrointestinal Surgery

PATIENT DISCHARGE INSTRUCTIONS FOLLOWING

LAPAROSCOPIC CHOLECYSTECTOMY

DIET

- ✓ Unless otherwise directed, you may resume your regular diet. Eat whatever seems to agree with you best.
- ✓ Your appetite may be less than normal. Eat when you are hungry. Do not force yourself to eat! Concentrate on fluids. It is important to stay hydrated.
- ✓ Avoid rich, greasy, or spicy foods for a few days.

ACTIVITY

- ✓ Do NOT drink alcohol, drive or operate heavy machinery for 24 hours after your surgery or while taking pain medication.
- ✓ You may drive within 48 hours of your surgery.
- ✓ There are no activity restrictions, unless otherwise instructed by your surgeon.
- ✓ Sexual activity is fine as soon as you are comfortable.

PAIN MANAGEMENT

We will supply you with a prescription for a mild narcotic pain medication. You are not required to take it. If you do take it, please do not drive or drink alcohol as these in combination may make you drowsy. Alternatively, you may take Tylenol (acetaminophen) or ibuprofen (e.g. Advil) as needed.

MEDICATIONS

- ✓ Unless otherwise directed, you may resume your medications.
- ✓ If constipation occurs, Psyllium (i.e. Metamucil) is the best remedy (follow the directions on the package). Or you may wish to take an ounce of milk of magnesia.
- ✓ If you were prescribed antibiotics, take them until they are finished.

INCISION CARE

- ✓ You may take a shower the day after surgery.
- ✓ You can take the dressing off 48 hours after the surgery.
- ✓ Your incision will have steri-strips (small white strips of tape) across it. They will fall off by themselves. If they do not fall off after 14 days, you may remove them.

COMMON PROBLEMS

- ✓ It is normal to feel fatigued, have some pain around the incision, a change in bowel habits, or a loss of appetite. These symptoms should resolve in about one week.
- ✓ You may have some discomfort in your shoulder and chest for up to 48 hours after surgery. This is caused by carbon dioxide (gas) used during surgery. The discomfort will go away as your body absorbs the carbon dioxide.

WHEN TO CALL YOUR DOCTOR

- ✓ If you develop jaundice (a yellow coloring to your skin)
- ✓ If you develop a fever $>101^{\circ}$ F
- ✓ If you have a lot of swelling or bleeding.
- ✓ If you have a sudden increase in wound drainage, especially if it is cloudy or has a foul odor.
- ✓ Persistent vomiting or diarrhea.

FOLLOW UP

- ✓ Please call the first business day after discharge to schedule a follow-up appointment.
- ✓ In case of emergencies, call your doctor's office. If the office is closed, contact the hospital operator at **(617) 726-2000** and have your surgeon or the surgeon-on-call paged.