Laparoscopic Cholecystectomy with Cholangiogram
(Removal of gallbladder with dye study of bile ducts)

Post-operative instructions

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Follow Up:

- Call our office within a day or two after the procedure (on a standard business day) to make a follow-up appointment for 2-3 weeks. You may also make a follow up appointment on the day you are contacted with your scheduling info.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, redness that rapidly worsens or if you are unable to urinate 6-8 hours after you arrive home.

Prescriptions: Please give at least 3 days' notice to obtain additional meds.
Supplies to get: a few small bandaids to use if any oozing from wounds.

Postoperative expectations/Restrictions:

- **Wound pain** is significant for 3-5 days, starts to diminish by 2 weeks, but will be present to varying degrees for several months. You may also have some of the same symptoms you've had before surgery. These will take a few day/weeks, rarely months to recover. The pain may be burning, stabbing, aching, hot/cold or numb/tingling. As you return to normal activities over time, these symptoms may reoccur periodically. **Pain may also be felt in the shoulder, chest, neck, back and often is best relieved by ibuprofen.**
- You will have bruising, swelling, hard areas in wounds that will resolve over several weeks.
- **Diet**: **Avoid fried foods, cheeses, heavy sweets, burgers etc. for 4 weeks**. They may worsen postoperative symptoms of nausea bloating, pain, loose bowel movements. Rarely patients have these symptoms after fruits, vegetables, coffee etc.
- **Fatigue, nausea, bloating,** intolerance to some foods, particularly fatty foods, loose bowel movements is common for weeks or months, particularly in women. **Call me if loose bowel movements occur more than 5 x/day**
- **Alcohol** should be avoided for the first 5 days.
- **Activity**: No lifting more than 15 lbs. for 4 weeks. Avoid swimming, running, golf, yoga, Pilates, sit-ups etc. for that period of time. After 4 weeks, you may slowly resume to your pace as your symptoms allow.

- **Urinary retention**: Rarely patients are unable to urinate after surgery**. If you are unable to do so 6 hours after you get home, please cal**l. I may have you present to an E.R. for a bladder check and possibly place a **12 French bladder catheter** to stay for 5 days, to be removed in my office
- **Travel** should be avoided for 2 weeks after the procedure, if possible.
- **Driving** should be avoided for 5-10 days. Subsequently drive if you are fully alert, not on narcotics, and feel you can appropriately react to any driving stressor.
- **Home medications** may be resumed as usual upon arrival home. Specific instructions may be given regarding certain medications such as blood thinners.
- **Wound Care:** Band-Aids may be removed one day after surgery. Shower as usual and let soapy water run over white strips (steristrips). Pat dry. Replace Band-Aids if any oozing. Steristrips may fall off, or you may remove in 2 weeks or I will remove if you wish.
- **Showering:** You may shower the next morning. Avoid soaking in water for 2 weeks.

For Pain relief: Take meds with food/water

- Abdominal binder, wear as much as it helps for 2 weeks then as needed. You can put in washer/dryer to soften.
- Ice on the wounds 20 minutes at a time, 2-3 x a day is helpful

#1 Ibuprofen 600 mg -800 mg every 8 hours. (avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal, or if on blood thinners).Obtain at drugstore, no need for prescription. Try taking regularly for 3 days.
#2 Tylenol (acetaminophen) 1000mg every 8 hours (avoid if cirrhosis). Obtain at drugstore, no need for prescription. Try taking regularly for 3 days.

ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS.

#3 A narcotic prescription may be provided. If Tylenol (acetaminophen) not helpful, stop taking it then add narcotic to your ibuprofen regimen. **DO NOT TAKE TYLENOL AND NARCOTIC TOGETHER AS MOST HAVE TYLENOL IN THEM.**

For Nausea:
#1 Ondansetron 4 mg every 4 hours as needed for nausea. You will receive a prescription.
#2 Benadryl 25 mg tablet by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.

Treatment of Constipation:
If you do not have a bowel movement within 24 hours after surgery, then:
#1 Colace 100 mg by mouth in am and pm. If not enough to help in 24 hours, then stay on it and add:
#2 Milk of Magnesia 30 ml once a day. If no B.M. 24 hours later, then stop it, stay on Colace and add:
#3 Magnesium Citrate 1 bottle once by mouth. Take ice cold over 1 hour, poured over ice along with large glass of cold water. If no B.M. in 24 hours:
#4 Repeat magnesium citrate ½ bottle by mouth once again and take a Fleets enema.

#5 If none of the above work call me for other options.
All may be obtained at the drugstore without a prescription.

Itching:
#1 Benadryl 25 mg tablet by mouth every 8 hours.
#2 Once steristrips off of wounds, try Benadryl ointment or topical steroid ointment to areas of itching 3-4 x a day. **Can get both at drugstore without prescription.**

Blistering at wound site:
White strips on wounds (steristrips) can cause blistering or redness in some patients. **. If this occurs you may remove them and let me know.** If not helpful, please call.

Time off work/ school:

- Plan on taking at least 7-14 days off. You may return once you feel you can work a full day as long as you follow restrictions. We will discuss specifics.
- Please let me know if you need a **work release**. You may get it on day of follow up or we can fax to number you provide. **Please be specific as to when you want to go back to work and if any restrictions.**
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of $25.00.**