

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

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Follow Up:

- Call in the next several days to make a follow-up appointment to see me in 2-3 weeks.
- 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 2 days' notice to obtain refills on meds after surgery.

Supplies to get: a few small Band-Aids to use if any oozing from wounds, Ibuprofen 200mg tabs, Tylenol 500mg tabs, colace (a stool softener).

THERE ARE GI SYMPTOMS THAT OCCUR INDEFINITELY IN MOST PATIENTS (loose bm's, nausea, bloating, heartburn), IMPROVING OVER TIME. PLEASE READ ONLINE PATIENT COMMENTS ABOUT THESE TO GET AN IDEA OF THE VARIED RECOVERY. SOME PATIENTS HAVE SEVERE SUCH SYMPTOMS STARTING MONTHS LATER THAT MAY NEED ADDITIONAL TREATMENT.

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.**
- You will have bruising, swelling, hard areas in wounds that will resolve over several weeks.
- **Diet:** Small volume low fat meals (i.e.: **avoid fried foods, cheese, 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 seemingly benign items such as fruits, vegetables, coffee etc.
- **Fatigue, nausea, bloating,** intolerance to some foods, particularly fatty foods, loose bowel movements is common for weeks or months with most patients having mild such symptoms indefinitely. **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 call.** 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.
- **Drain care:** **Rarely patients receive drains. IF** you have, we will teach you how to strip tubing and empty. Please review online videos on “JP drain care and stripping” for further information. Site must be covered with a band aid to prevent suture from catching or gauze and tape if any leaking around site.
- **Showering:** You may shower the morning after procedure. Avoid soaking in water for 3 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 Tylenol (acetaminophen) 1000mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (Avoid if cirrhosis). Obtain at drugstore, no need for prescription.

#2 Ibuprofen 600 mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (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 a prescription.

ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS for 3 days, then only take as needed.

#4 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 THEIR FORMULATION.**

For Nausea relief:

#1 Ondansetron 4 mg every 4 hours as needed to treat 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 1 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. Can get over the counter without prescription.

#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:

- **For desk jobs:** 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 for other employment.
- 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.**