

# Laparoscopic Cholecystectomy ( Removal of Gallbladder)

## General Surgery Home Care Instructions

### Before Surgery

Do not eat or drink anything after midnight before the surgery

Ask your doctor or anesthesiologist about the medications you should take the morning of surgery. Do not take aspirin, plavix or coumadin for 7-10 days prior to surgery.

### After surgery

#### *Incision care*

You will have bandaids or gauze covering your incision(s). Remove these dressings 2 days after you have surgery. You will have small tapes called steri-strips. Leave these on for 10 days. You can expect these to drop off later.

You may shower after you go home. Do not soak in a bathtub, jacuzzi, hot tub or swimming pool for two weeks.

### Your Activities

- Do not drive if you are taking narcotic medication.
- Do not lift more than 10 pounds for 4 weeks.

### Your Diet

- Drink 8 ten ounce glasses of water or juice each day to prevent dehydration and constipation
- Increase high fiber food in your diet
- Take Metamucil or Citrucel to prevent constipation. Be sure to drink plenty of liquids when taking them to get maximum benefit. These medications may cause bloating and cramping in the first week.

### Constipation

To prevent constipation you may take the following over the counter medications

- Metamucil 1 tsp or Citrucel 1 Tablespoon by mouth 1-2 times per day. Mix it in 2 cups of juice or water.
- Mineral oil 2 tablespoons by mouth twice a day. Stop taking after your first bowel movement.
- Milk of Magnesia 1-2 tablespoons 1-2 times per day

### Pain control

When you have finished your prescription medications, you should be able to take over the counter medication to control your pain.

### **Call your doctor if you have**

- Redness that spreads like a sunburn around your incision
- Warmth drainage or swelling around any incision
- Fever greater than 101.5 F
- Nausea, vomiting, or uncontrollable pain

If you have any questions or concerns please call us at **650 641-7861**