Home Care After Laparoscopic Cholecystectomy

The following instructions will help you care for yourself, or be cared for upon your return home today. These are guidelines for your care right after your surgery only.

**Medications:**
- Prescriptions sent home: ____________________________
- Take stool softeners 1 – 2 times each day while taking prescription pain medicine. Ask the pharmacist if you are not able to find the stool softener at the drug store.
- Non-aspirin over-the-counter medicine for pain: _________________
- Start own medicines.
- Mild laxatives may be needed if you do not have a bowel movement within three days of surgery. Call the office for further instructions.

**Diet:**
- Start your regular diet today. You may be able to eat foods that caused you discomfort or did not agree with you before your surgery. Try these foods gradually to see if you can eat them without problems. Drink plenty of liquids.

**Activity:**
- Walking is encouraged beginning a few hours after your surgery. Gradually increase the distance, length of time, and the number of times you walk. You may need help at first.
- Climbing stairs is allowed. You may need help at first.
- No lifting greater than _______________ for _________________.
- Driving may be resumed 3 - 5 days after surgery and after stopping all prescription pain medication.
- May return to work / school on ____________________________
Wound Care and Hygiene:
- May remove outer gauze dressing in 2 days.
- The steri-strips may be removed when they become loose. If they are still on 10 days after surgery, you may remove them.
- If you notice a small white string in your incision, cut it off just above the skin with a pair of scissors. Clean the scissors with alcohol.
- Keep incision clean and dry.
- May shower 2 days after surgery. Pat incision dry after bathing.

Anesthesia Precautions & Expectations:
- After anesthesia, rest for 24 hours. Do not drive, drink alcoholic beverages or make any important decisions during this time. General anesthesia may cause a sore throat, jaw discomfort or muscle aches. These symptoms can last for one or two days.

What to Expect After Surgery:
- You may feel tired for several days.
- Mild or moderate abdominal discomfort or pain may occur. This will decrease with time and activity.
- You may have gas pains. Walking will help.

Call Your Doctor for:
- Continued nausea or vomiting
- Increased redness, swelling, bleeding or drainage at the incision.
- Temperature above 101 degrees.
- Increased abdominal pain.
- Severe shoulder pain, lasting more than 3 days.

Other Instructions: ________________________________

Call your doctor's office at ________________ to make a follow up appointment in ____________ weeks.

If you have questions or problems, call your doctor's office.

If you are unable to reach your doctor, call:
- Ambulatory Surgery Unit at (614) 293-8795
- The hospital operator at (614) 293-8000. Ask for the resident on call for your doctor.
- (614) 293-8333 - OSU Emergency Department

Physician's Signature / Date

Nurse's Signature / Date

I have a copy of and understand the above instructions:

Patient or Responsible Person