

SURGICAL ASSOCIATES OF TRAVERSE CITY, P.L.L.C.

1221 Sixth Street, Suite 306 • Traverse City, Michigan 49684 • (231) 935-2400 • Fax (231) 935-2424

Discharge Instructions for Laparoscopic Cholecystectomy

Wound Appearance and Care

- Remove bandages 24 hours after surgery.
- Wash your incisions daily with ordinary soap and water, pat dry and leave the incisions to air unless there is drainage, in which case a light bandage may be applied.

Pain Management

- Tylenol, Aspirin, or NSAID's (Motrin, Advil, Naprosyn) are usually suggested for pain control.
- Narcotic prescription may be given for pain.
- Take medicine with food or milk to prevent upset stomach.
- You may experience abdominal and shoulder pain because of the gas that was used during the surgery. This is **not** an emergency, but if it continues for longer than 24 - 48 hours, you should notify your physician.
- Do not drink alcohol while taking prescription pain medications.

Call if you have any of these symptoms

- Prolonged bleeding from the incision sites.
- Signs of infection at the incisions, such as redness, swelling or thick yellow/green drainage.
- Fever greater than 101 degrees orally.
- Chills, fast heartbeat, excessive sweating, or yellow skin.
- Persistent nausea or vomiting.
- Increasing pain after 2-3 days.

Activity

- Increase your activity gradually as tolerated. You may walk frequently to help decrease abdominal bloating.
- There are no limits or restrictions.

Diet

- Good nutrition is important to tissue healing.
- Eat a well-balanced diet, with fiber.
- Start with small light meals and return to usual diet.
- Low fat diets are always good for your health; however, you do not need to restrict fat due to this surgery unless specifically instructed by your doctor to do so.

Additional instructions _____

Call 231-935-2400 to arrange a follow-up appointment in _____ days/weeks.

Should you have any questions or concerns please call Surgical Associates nurses' station at 231-935-2417. After 5:00 PM, call Munson Hospital at 231-935-5000 and ask for your doctor. There is always a doctor on call for our practice.