

## Post-Operative Instructions for Laparoscopic Cholecystectomy

### ❖ Pain and Swelling

Following laparoscopy you may have pain in one or both of your shoulders. The more you are up and around, the quicker the pain will subside.

### ❖ Constipation

Due to anesthesia and pain medication, you may experience constipation.

**If you do not pass gas or have a bowel movement within a few days of your surgery, you may need to use a Dulcolax suppository.**

### ❖ Diet

The first 24 hours after surgery you will need to be on a liquid diet. **After that you may resume a sensible, low fat diet for the first week, then gradually add fat back into your diet.**

### ❖ Activity

You need to be walking around as much as possible. Do not lift over 10 lbs. for 10 days. **You may drive when you stop taking pain medication.**

### ❖ Bathing

**You may remove the band aids in 48 hours and shower. Leave the butterfly tapes in place.** These will come off in a week or two. Do not swim for 7 days.

### ❖ Follow-up

You will need to see Dr. Simone for a follow-up appointment in about a week after your surgery. Please call out office for an appointment if you have not already scheduled one. If you have any questions, feel free to contact our office at **817-748-0200**.

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