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**LAPAROSCOPIC CHOLECYSTECTOMY (LAP CHOLE)  
POST-OP INSTRUCTIONS**

1. Take your pain medicine if needed, as directed. This is not a contest to see who can put up with the most pain. I would rather see you take the medicine and be up and about than see you prove how tough you are but not be able to move. Because no muscles are cut and only small incisions are made, you are likely to experience less postoperative pain than from open surgery, but it may still hurt.

2. You may remove your band-aids the day after surgery. There may be some small “steri -strips” bandages on your skin, staples or surgical glue. Leave these alone until they start to come off which will usually be in 5-7 days. The staples will be removed at your post-op visit. Surgical glue will slowly flake off over a few weeks. There is usually no need to apply further bandages. You may keep a light dressing on the wound if it pads the area and keeps your clothing from rubbing on the wounds. You may shower the day after surgery unless you had a drainage tube. If this is the case you may shower 24 hours after removal of this tube.

3. Expect some bruising. This can occasionally be spectacular. This looks terrible but will fade away over several days to weeks. There will be no permanent problem from the bruise.

4. Try to be as active as possible, but don't do any heavy lifting or vigorous exercising for one to two weeks. You may go up and down stairs. **DO NOT DRIVE** until you are off prescription pain pills and able to perform emergency maneuvers without thinking twice.

5. Eat a normal diet. During this short period of adjustment, eat whatever was easy to digest before your gallbladder surgery. Most patients are back to normal diets within 2 to 4 weeks.

6. If you have a problem having a bowel movement try an “over the counter” laxative such as Milk of Magnesia. The pain pills can be constipating and many patients are fearful of having a bowel movement after a surgery such as this. Let nature take its course but don't hesitate to give it a nudge if required.

7. Call the office the day you are discharged to let us know how you are doing and to set up a follow-up appointment for about one week after your surgery.

**8. DON'T HESITATE TO CALL US IF YOU HAVE ANY QUESTIONS OR PROBLEMS.**