

## Gallbladder Post-Op Instructions:

- **Wound Care:** If you have a surgical bandage over your incision, remove in 24-48 hours and you may shower daily over your incisions. Do not scrub, let the soapy water run over them.
  - ❖ If you have glue or steri-strips, they will fall off on their own in about 7 days
  
- **Activity:** you should be up and walking around as much as tolerated, including stairs
  - ❖ Avoid lifting anything heavier than 10-15 pounds for 1-2 weeks after surgery, unless otherwise specified
  
- **Diet:** resume a regular diet. You may experience some nausea or diarrhea at first, this should resolve with time.
  - ❖ Make sure to drink plenty of water daily
  
- **Pain Management:** Pain tolerance varies from person to person. Your surgeon will prescribe medication to help with the pain
  - ❖ You will be given a prescription for a small amount of narcotics. You may also use Tylenol or ibuprofen, unless otherwise instructed
  - ❖ Do not drive or operate heavy machinery while using any narcotic pain medications.
  - ❖ Recommend taking a stool softener or laxative since the anesthesia and pain medication (narcotics) can cause constipation. Avoid straining with bowel movements
  - ❖ Splinting your stomach by placing a pillow over your abdomen and applying pressure before coughing or movement, can help reduce the amount of pain
  
- **Warning signs:** You should call the office with any alarming symptoms, including but not limited to:
  - ❖ Increased pain
  - ❖ Swelling, redness, draining or foul odor from incisions
  - ❖ Vomiting or unable to tolerate diet
  - ❖ Unable to urinate
  - ❖ Unable to move your bowels for 2-3 days
  - ❖ Fever of 101 or greater
  
- **Work:** Usually you may return to work after 1 week or sooner, as long as you don't do any heavy lifting. You should discuss this with your surgeon