

Discharge Instructions for Laparoscopic Cholecystectomy

You have had your gallbladder removed laparoscopically. During your procedure, the doctor made two to four small incisions. One was near your bellybutton, and the others were elsewhere on your abdomen. Through one incision, the doctor inserted a thin tube with a camera attached (called a laparoscope). Surgical tools were inserted in the other incisions.

You may feel discomfort in your shoulder and chest for up to 48 hours after surgery. This is normal. It is caused by carbon dioxide (gas) used during the operation. It will go away.

You can live a full and healthy life without your gallbladder. This includes eating the foods and doing the things you enjoyed before your gallbladder problems started. There is no need for a special diet after this surgery.

Home Care

- Don't drive until you are no longer taking pain medication.
- Wash the skin around your incision daily with liquid soap and water. It's okay to shower the day after your surgery.
- Eat your regular diet. It is wise to stay away from rich, greasy, or spicy food for a few days.
- Remember, it takes about one week for you to get most of your strength and energy back.
- You may walk indoors, outdoors, up and down stairs.
- Make an office visit to talk to your doctor if the following symptoms don't go away within a week after your surgery:
 - Fatigue
 - Pain around the incision
 - Diarrhea or constipation
 - Loss of appetite
- Sexual activity as tolerated. If it starts to hurt, please stop.

When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- Yellowing of your eyes or skin (jaundice)
- Chills
- Fever above 100.5°F
- Redness, swelling, increasing pain, pus, or a foul smell at the incision site
- Increasing abdominal pain, constipation, nausea or vomiting

Follow-Up

Make a follow-up appointment for two weeks after your surgery.