

Legacy Medical Group

Laparoscopic Cholecystectomy After-Surgery Instructions

Wound

- Keep the wound dry.
- You may shower after 48 hours. Remove dressing before showering.
- Turn affected part away from water stream.
- Do not use hydrogen peroxide, ointments or alcohol on the wound.
- DO NOT SOAK.

Dressing

- You may remove any gauze dressing after 48 hours.
- Do not remove **clear** dressings. Ok to shower over these and allow them to fall off on their own.
- Replace dressing if you are more comfortable.
- Band-Aids are satisfactory.
- Do not place ointments or salves on wound.
- If small tapes are over wound, do not remove; they can get wet with soap and water and dry. They will fall off on their own.

Medications

- You will be given a pain medication that can lead to constipation. This can easily be treated with stool softeners: Metamucil, konsyl or colace. If no bowel movement with 24-48 hours of surgery, you may use a laxative of choice for constipation.

Activity

- Walking frequently for short distances is encouraged.
- Do not lift more than 20 pounds for the first week.

Redness

- Some redness around the operative site is *normal*.
- If redness increases or you also have fever, swelling, bleeding, or drainage, call your surgeon.

Fever

- For fever more than 100 degrees, call your surgeon.

Swelling

- If swelling continues or becomes severe, call your surgeon.

Bleeding

- A small amount of blood on your dressing is of **no concern** and should be controlled by several gauze pads and pressure.
- If bleeding continues or you are unable to control it, call your surgeon.

Drainage

- Sutured, closed wounds should not drain. If there is a small amount of clear or bloody drainage, it is of **no concern**. If there is any other kind of drainage, call your surgeon.

Pain

- It is normal to have some pain for the first week.



- Most pain should be controlled by pain medication.
- If pain is not controlled, call your surgeon.

*****To reach your surgeon, call 503.413.5725. If you are calling after regular business hours, the doctor's answering service will answer and connect you and contact the doctor for you. *****