Postoperative Instructions for Laparoscopic Gallbladder Surgery

The following is a list of routine instructions for postoperative care after removal of the gallbladder, along with answers to the most common questions that arise during the recuperative period.

Diet:

Following discharge from the hospital and for the first months after surgery, it is recommended that a low fat diet be maintained, avoiding spicy and greasy foods. No dietary restrictions after the first month.

Activity:

Upon release from the hospital, walking is encouraged. Stairs are allowed, but should be kept to a minimum for the first few days. NO driving for the first few days after surgery.

Wound Care:

The wound should be kept dry for 72 hours after surgery, at which time a shower is permissible. Any paper tapes, which are present, may become wet. These should be left in place. Do not soak the wound in a tub or swimming pool for approximately two weeks.

Medication:

Pain medicine will be prescribe following the surgery and should be taken as instructed. All postoperative medications may be resumed unless you are otherwise instructed.

Constipation:

It is common for patients to experience some constipation for several days following the operation. If this occurs, Miralax, prune juice or any other mild laxative can be taken.

Comments:

Mild bruising and swelling of the wounds is normal after surgery. It is not unusual for there to be a small amount of bloody drainage form the wound for the first few days after surgery. Any excessive wound drainage should be brought to the doctor’s attention. Notify your doctor of a temperature over 100.5 degrees.