

### Post-Op instructions for LAP CHOLE patients

- 1) Take your pain prescription every 4-6 hours on the 1<sup>st</sup> and 2<sup>nd</sup> post-op days.
- 2) Avoid constipation with stool softeners (COLACE/SURFAK) or laxatives (MIRALAX/CORRECTOL/DULCOLAX) of your choice. **Bowel movements are irregular after anesthesia and with the use of pain pills.** You should also increase liquids and your fiber intake.
- 3) Expect bruising and a bloated stomach following surgery (walking will improve this.)
- 4) You may remove your outer bandage on the 2<sup>nd</sup> post-op day. Leave steri-strips/butterfly bandages on for 6-7 days or allow them to fall off on their own.
- 5) You may shower (**DO NOT BATHE**) after bandages are removed. You can use soap and water on the incision and pat the area dry.
- 6) You may resume normal eating habits. Eat small amounts to start and eat slowly. If a particular food bothers you, avoid it, and try to reintroduce it into your diet at a later date.
- 7) You may walk and go up and down stairs, taking them one at a time.
- 8) You may drive 3 days after surgery as long as you are not taking narcotics.
- 9) **NO** lifting, pushing, pulling or dragging greater than 15lbs for 4-6 weeks from surgery date.
- 10) Follow up in office 10-14 days after surgery for suture removal/post-op check:  
DATE:\_\_\_\_\_Time:\_\_\_\_\_
- 11) Call immediately if you have a high fever (higher than 101° for more than 24 hours), chills or wound discharge that is green, milky, thick or has a foul odor.