**LAPAROSCOPIC CHOLECYSTECTOMY POST-OPERATIVE INSTRUCTIONS**

**Care of Incision**

After the surgery, the incision will be covered with a gauze dressing. This dressing may be removed after 48 hours. Under the dressing you may find several thin paper tapes (steri-strips) covering the incision. The Steri-strips should be left in place. The stitches are beneath the skin and will dissolve. You may shower after the dressing is removed. Do not scrub the incision. Just let the water run over them and then gently pat the areas dry. Do not submerge the incision for 1 week (no baths, hot tubs, or swimming pools). If Dermabond adhesive was placed on the incision keep dry for 48 hours, then you may shower.

**Comfort Measures**

You may feel tired and have some abdominal discomfort and bloating for a few days to a few weeks. Moving and/or walking will help relieve this. You may have bruising, swelling and soreness. Use an ice pack on the incision 20 minutes every hour for the first 3 days. Take Ibuprofen (Motrin, Advil) 2 tablets 3 times daily to relieve any pain that you have. A narcotic pain medication prescribed by your doctor may be used in addition to the Ibuprofen as needed.

**Follow-up Office Visit**

You need to be seen in the office approximately two to three weeks after your surgery. You will be given this appointment when the date of your surgery has been set and it will be documented in the surgical paperwork mailed to you.

**Activity / Return to Work**

Limit your activities after surgery to what is comfortable for you. Don’t do any heavy lifting or exercise for 6 weeks. Refrain from any activity that causes pain. Wear loose, comfortable clothing. You may return to work when you feel ready (usually 1-2 weeks) as long as your job does not involve heavy lifting or strenuous activity. You may return to work before being seen in the office post-operatively.

**When to Call the Office**

Do not hesitate to call the office if you develop a fever (temperature greater than 101), shaking chills, nausea or vomiting, diarrhea, dizziness, bleeding or drainage from your incision, redness around your incision, persistent or increased pain, jaundice (yellow skin and/or eyes), or with any other problem that concerns you.