



---

Department of Surgery

## Laparoscopic Cholecystectomy (Gallbladder) Discharge Instructions

---

### Pain

- Soreness and mild pain after surgery are common
- A prescription for pain medication should reduce your discomfort
- Take your pain medication with food to prevent an upset stomach
- Contact your doctor immediately if pain is not relieved by medication
- Shoulder and chest discomfort after surgery are common and will stop in two to three days (from carbon dioxide being used to inflate your abdomen during surgery)

### Activity

- Do not lift more than 10 to 15 pounds
- Do not take part in strenuous activity
- Take short walks several times a day to prevent blood clots and constipation and to relieve soreness
- Perform deep breathing exercises to keep lungs clear and prevent pneumonia
- Support your abdomen with a pillow (if the dressing is on your abdomen)

### Diet

- Begin slowly with clear liquids such as ice chips, tea, broth, Gatorade and Jello
- Drinking carbonated beverages such as Sprite and ginger ale or using straws can make you feel bloated
- If you are tolerating liquids, move on to solid food
- Avoid fatty and spicy foods until your appetite returns
- Contact your doctor if you have severe, persistent nausea and vomiting

### Digestion

- Constipation is common after surgery because of inactivity and pain medication
- Walking, drinking liquids, and eating a diet rich in whole grains, fruits and vegetables will help prevent constipation
- Take a mild over-the-counter stool softener or laxative if constipation lasts two or three days
- You may experience diarrhea after surgery; it should go away in a few weeks

### Other

- Notify your doctor at once if your eyes and skin turn yellow—this rare condition needs immediate attention
- Wash your hands to prevent the spread of germs

You will receive a follow-up phone call from the Outpatient Recovery department in one to three days after surgery.

If you receive a survey in the mail, please complete it and let us know about your experience at Greenville Memorial Hospital. We always strive to provide very good care. Thank you for choosing us.