



BOULDER MEDICAL CENTER, P.C.

Department of Surgery

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Laparoscopic Cholecystectomy

While recovering from surgery, please observe the following instructions: Advance your diet slowly as tolerated. In general, you should remain on a liquid diet until passing flatus. After bowel function has returned, you may start to eat solid foods. Avoid **carbonate beverages** and **rich or spicy foods** for the first few days.

1. Take your pain medication as prescribed. You may also use ibuprofen 400-600mg every 8 hours in addition to your prescribed medication if you do not have a history of ulcers or sensitivity to anti-inflammatory medications.
2. Your first bowel movement should occur within a few days of surgery. Narcotic pain medications can be very constipating.
 - a. Use a stool softener such as **Pericolace** or **Senokot** twice daily. They are available over the counter.
 - b. Once off narcotic pain medications, you may want to switch to **Citrucel** or **Benefiber**, 1-2 tbsp in 8 oz of juice or water one to two times per day.
 - c. If you are off narcotic pain medications and start to have loose bowel movements, you may discontinue the Pericolace, Senokot, Citrucel or Benefiber if you're taking them.
 - d. For severe constipation that does not respond to the above measures, an over the counter laxative may be necessary. **Miralax** or **Milk of Magnesia** taken as directed will usually be effective.
3. Nausea following surgery may be related to surgery, anesthesia or pain medications. Take prescription anti-nausea medication as directed. If nausea persists or is associated with vomiting, notify your Surgeon. If after-hours, call the on-call surgeon at 303-440-3000.
4. Your incisions have been closed with layers of dissolving sutures. Tape strips (Steri-strips) placed over the incisions will remain in place for approximately 1 week. You may shower with the dressings off within 24 hours of surgery if you would like to. If there is no drainage from the incisions, they may be left to open air. Please **do not** soak in a tub or swim for at least 2 weeks after surgery.
5. Bruising around the incisions, particularly the umbilicus is common. If there is redness or streaking around the incisions contact Dr. Johs or the on-call surgeon.
6. You may resume driving when you have not taken narcotic pain medications for at least 12 hours.
7. You may resume physical activity, as you are able. Avoid contact sports or lifting more than 25 pounds for **6 weeks**.
8. Please call if you experience fevers, chills, painful enlarging swelling around incisions, redness or streaking around incisions, or persistent bleeding.
9. If you have not already scheduled a post-operative appointment, please call our office to schedule this appointment 7-10 days after surgery. Your final pathology report will usually be available for review at that time.

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