Post-Op instructions for LAP CHOLE patients

1) Take your pain prescription every 4-6 hours on the 1st and 2nd 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 2nd 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.