



**The Austin Diagnostic Clinic**  
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## LAPAROSCOPIC CHOLECYSTECTOMY

Francis Buzad, MD

**CARE OF YOUR INCISIONS:** You have four small laparoscopic incisions. No stitches will need to be removed since each incision was closed with an absorbable suture. Dermabond, a topical skin adhesive was then applied over each incision. This topical adhesive holds the wound edges together. The glue usually remains on the skin for 5 to 10 days, and then falls off naturally. You may shower and get the wounds wet briefly; this will not affect the glue. Please do not soak, scrub, or scratch the wound while the glue is in place. If you notice excessive swelling, redness, bruising, tenderness, bleeding, or drainage please call the office and speak with one of the nurses. **The phone number is 901-4019 option "1" or "5"**. You may notice some bruising and this is not unusual. If a small amount of drainage is present you should keep a bandage over the incision to prevent staining your clothes.

**DIET:** There is no special diet required after gallbladder surgery. After your surgery I suggest that you continue on a liquid diet until the next day following surgery then you may advance your diet as tolerated. It may be several days before you can eat certain types of foods such as spicy, greasy, or fatty foods and it may be several days before you can eat your usual amount of food. Because it's easy to become dehydrated after surgery and because most pain pills are constipating, I encourage my patients to drink a lot of fluids and increase natural fiber after surgery.

**ACTIVITY:** You should not drive until you are off all pain pills. This usually takes several days. You may walk up or down stairs. You should not perform any strenuous activities until I have seen you in the office for your post-operative check-up. You may return to work when you feel able. Most patients are off work for a week to two after having a laparoscopic cholecystectomy.

**MEDICATIONS:** You may resume your regular medications after your operation unless otherwise instructed. I prefer patients taking blood-thinners to be off them for a week before surgery and several days after surgery. Diabetic patients will have to adjust their medication doses until they've resumed their usual diet. It may take your bowels several days to move after surgery; it's not unusual to have gas pains after gall bladder surgery, but usually this resolves once your bowels are moving. If you require a laxative, I would recommend either Milk of Magnesia or a Dulcolax suppository. These can be purchased over-the-counter (no prescription necessary) and should be taken according to the directions on the package. I usually prescribe Darvocet N-100 or Vicodin for pain after laparoscopic cholecystectomy. These are to be taken one or two at a time every four to six hours as necessary for pain. Most patients usually require pain pills for the first few days after surgery plain Tylenol can be taken as needed after that time.

**FOLLOW-UP:** I will need to see you back in my office two weeks following your surgery. Please call the office the day after your surgery to schedule this appointment. We can discuss further follow-up, activity limitations, questions, etc. at that time. I can certainly see you sooner if necessary.

**PRECAUTIONS:** I need to be notified if you experience severe abdominal or back pain, persistent nausea and vomiting, or fever over 101°.