



## **Preoperative and Postoperative Care Instructions**

### **Laparoscopic/Robotic Cholecystectomy Post-Op Instructions**

- Take medicines as prescribed by your physician. This would include an anti-inflammatory every 6 hours around the clock for the first 72 hours.
- Do not lift anything over 10 lbs. until seen by your physician in the office for your post-operative appointment.
- Please do not drive while taking medications or until released by your physician.
- Remove outer dressings after 48hrs. Cleanse with anti-bacterial soap and water, leaving sutures or steri-strips in place.
- Please call the office on the next business day (the office is closed Sat-Sun and holidays) to schedule a follow-up appointment for 10-14 days after your surgery.
- Gradually increase activity, continuing to take frequent deep breaths and cough every 2 hours to expand your lungs.
- Gas pains and other discomforts may be experienced as the digestive system readjusts to normal, after anesthesia and surgery. Flatus (expulsion of gas) indicates the colon is functioning again. At this point, begin liquid diet. Next, progress to soft foods. After that, you may eat soft, low-fiber foods. It is best to eat a low fat diet during this short adjustment period. Other foods may be added gradually each day until your diet is back to normal for you.
- Please contact the office if you have a fever of 100.4 or greater, bleeding, nausea or vomiting, inability to urinate, or pain greater than expected.

**Please contact our office if you have any questions or concerns.**

**(251) 424-1620**