

## **POST OPERATIVE GUIDELINES: OUTPATIENT Gallbladder surgery**

1. It is important for you to see your primary care physician in about one week. The purpose of this is to see that your general health care needs are being met, i.e. Blood Pressure, Diabetes, etc.
2. The office staff will contact you to schedule your postoperative appointment. If you do not hear from us within 2 business days, please contact the office
3. **NO** heavy lifting, tugging, or pulling of greater than 20 pounds.
4. You may climb stairs. Conserve the number of trips each day. Use common sense.
5. You may shower. If a shower is not available, you may take a tub bath but do not soak for too long.
6. You should **NOT** drive a car for 3-5 days. Once you can bounce on your heels without pain, you may drive. It is never safe to drive while using narcotics
7. Your surgical incisions will either be closed with glue, stitches or tape.
  - The glue is waterproof and requires no special care. Do peel the glue off.
  - The little tapes (steri strips) may be removed 10 days from the time of surgery. If a few fall off before, do not worry. \*\*\*If you have bandages over the steri-strips/incision, you may remove those (not the strips) 2 days after surgery.
  - If you have stitches, do not pick at the stitches. We will remove them at your appointment
8. The majority of your pain should be manageable with over the counter medications. Unless instructed otherwise, use the following pain medication:
  - 1 pill of Aleve every 12 hours
  - 2 pills of Tylenol every 6 hours
  - *A prescription MAY have also been provided to you.* Not all patients will need a prescription. If you feel the Tylenol/Aleve mentioned above is not adequately controlling your pain, you may ADD the prescription medication to the Tylenol/Aleve. Because of its side effects, avoid using the prescription medication unless you feel you truly need it.
9. You should follow a **low-fat** diet, initially, and gradually re-introduce other foods. If you are on a special diet, i.e. diabetic or low sodium, you should follow that diet.
10. **Be aware of COMMON POST-ANESTHESIA ISSUES:**
  - **Constipation** = your bowels take a little longer to wake up after anesthesia
    - Use a fiber product (Benefiber, Metamucil, etc) & Drink plenty of non-caffeinated beverages.
    - Use MIRALAX (polyethylene glycol) - mix as directed. Use 2-3 times per day and then as needed.
  - **Urinary Retention** = if you are unable to empty your bladder, CALL US or REPORT TO THE ER. Medication and/or catheterization may be required.
11. **GO IMMEDIATELY TO THE EMERGENCY ROOM IF YOU HAVE ANY OF THESE SYMPTOMS**
  - Severe pain unrelieved by the pain regimen listed above
  - Fever >100.4
  - Jaundice (yellowing of the skin or yellowing of the whites of your eyes)
12. Should you have questions or concerns regarding your surgery / post-op course once you are at home, please call the office **586-228-0550**. One of our physicians is on call 24 hours a day. We will get back to you as soon as possible.