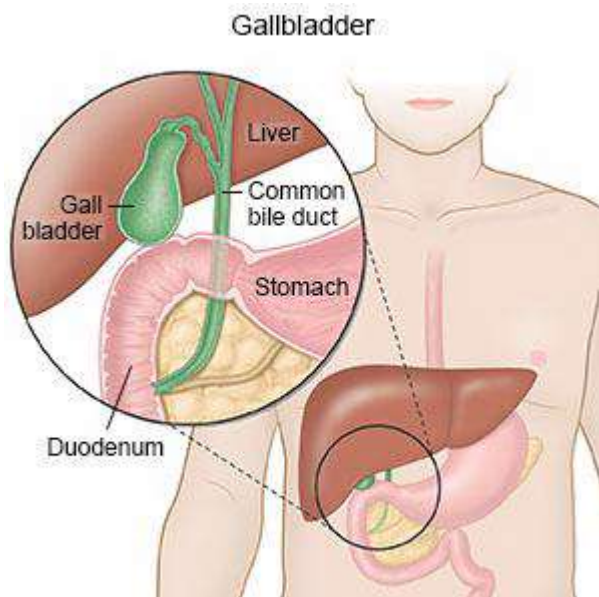


Laparoscopic Cholecystectomy

WHAT YOU NEED TO KNOW:

Laparoscopic cholecystectomy is surgery to remove gallstones and your gallbladder.



DISCHARGE INSTRUCTIONS:

Call your local emergency number (911 in the US) if:

- You feel lightheaded, short of breath, and have chest pain.
- You cough up blood.

Call your doctor or surgeon if:

- Your arm or leg feels warm, tender, and painful. It may look swollen and red.
- You cannot stop vomiting.
- Your bowel movements are black or bloody.
- You have pain in your abdomen and it is swollen or hard.
- You have a fever over 101°F (38°C) or chills.
- You have pain or nausea that is not relieved by medicine.
- You have redness and swelling around your incision sites.

- You have blood or pus leaking from your incision sites.
- You are constipated, have diarrhea, or your bowel movements are pale.
- Your skin or eyes are yellow.
- You have questions or concerns about your surgery, condition, or care.

Medicines: You **may** need any of the following:

- **Prescription pain medicine** may be given. Ask your healthcare provider how to take this medicine safely. Some prescription pain medicines contain acetaminophen. Do not take other medicines that contain acetaminophen without talking to your healthcare provider. Too much acetaminophen may cause liver damage. Prescription pain medicine may cause constipation. Ask your healthcare provider how to prevent or treat constipation.
- **NSAIDs** help decrease swelling and pain or fever. This medicine is available with or without a doctor's order. NSAIDs can cause stomach bleeding or kidney problems in certain people. If you take blood thinner medicine, **always** ask your healthcare provider if NSAIDs are safe for you. Always read the medicine label and follow directions.
- **Take your medicine as directed.** Contact your healthcare provider if you think your medicine is not helping or if you have side effects. Tell him or her if you are allergic to any medicine. Keep a list of the medicines, vitamins, and herbs you take. Include the amounts, and when and why you take them. Bring the list or the pill bottles to follow-up visits. Carry your medicine list with you in case of an emergency.

Care for the surgery area: Keep the area clean and dry. You may take a shower the day after your surgery.

What to eat after surgery:

- **Eat low-fat foods for 4 to 6 weeks** while your body learns to digest fat without a gallbladder. Slowly increase the amount of fat that you eat.
- **Drink more liquids.** Ask how much liquid to drink and which liquids are best for you.

When to return to work and other activities: You may return to work or other activities as soon as your pain is controlled and you feel comfortable. This is usually 5 to 7 days after surgery.

Follow up with your doctor or surgeon as directed: Write down your questions so you remember to ask them during your visits.

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conditions or treatments. Talk to your doctor, nurse or pharmacist before following any medical regimen to see if it is safe and effective for you.