

AFTER GALLBLADDER SURGERY

Following laparoscopic surgery you may feel some discomfort in your upper abdomen and right shoulder and at all the incision sites (especially the one near your belly button). You may also feel bloated. You will be given a prescription for a pain medication. While taking the pain medication you will need to avoid driving because it can make you drowsy. **DO NOT OVER MEDICATE.** Take only as directed by the doctor. It is not uncommon to require pain medication frequently for the first 48 hours.

Incisions: You may shower the day after surgery but avoid bathing or swimming for 2 weeks after surgery. It is normal to feel a hardness or lump under your incisions. This is part of the normal healing process and should resolve in several weeks.

Activities: It is best to avoid activities which cause a lot of abdominal wall motion such as running, sit-ups, contact sports, tennis and golf for at least 2 weeks. Routine activities such as moving around the house, walking up stairs, or walking outdoors is encouraged. As you increase your activity your discomfort level may increase but this is not harmful, As long as the pain is not severe you may continue with regular activity. With laparoscopic surgery most patients can return to work after one week.

Diet: There are no restrictions but sometimes general anesthesia may make you nauseated the first night. If this occurs try clear liquids and gradually ease into a regular diet. Avoid spicy or fried foods for the first few days. It is common to feel full quickly when eating, have loose stools and feel bloated after surgery. These symptoms usually improve within a few weeks . After gallbladder surgery patients frequently feel an urgency following eating to have a bowel movement. This is common and typically improves with time for most patients, but not for everybody.

Both anesthesia and pain medication can cause constipation. You should include fruit, vegetables , cereals and 4-6 glasses of water a day in your diet. If you do not have a bowel movement within 48 hours of surgery you may take 1 ounce of Milk of Magnesia or ½ bottle of Magnesium Citrate.

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