

# Postoperative Instructions

## Gallbladder Surgery

### 1. Activity

- Go straight home after procedure. Rest for the first 24 hours after surgery.
- Gradually resume light activity as tolerated. You may walk and use stairs.
- Avoid heavy lifting (over 15 lbs) or strenuous exercise until cleared.
- Do not drive, operate machinery, or make important decisions for at least 24 hours or while taking opioid pain medications.

### 2. Diet

- Start with clear liquids and progress to a low fat diet as tolerated. Avoid heavy, greasy, and spicy foods.
- Avoid alcohol for 2 weeks.
- Drink plenty of fluids unless otherwise instructed.

### 3. Medications

- Restart home medications as directed on your discharge paperwork. Restart anticoagulants as instructed.
- Do not take additional medications unless approved by your provider.

### 4. Wound Care

- Keep the surgical sites clean and dry.
- Do not remove glue dressings.
- May shower. No swimming, baths, pools, or hot tubs until incisions healed, approximately 2-3 weeks.
- Empty surgical drain as needed (if present). You may change the dressing around the drain site with Neosporin, gauze, and tape. Notify your surgeon if there is brown or green drainage.
- No smoking as it impairs wound healing.
- Watch for signs of infection:
  - Increased redness, swelling, or warmth, purulent or unusual drainage, foul odor

### 5. Pain Management

- Use prescribed pain medications as directed.
- Do not take any sleep aids, tranquilizers, or sedatives while taking pain medications.
- You may use over-the-counter pain medications such as Tylenol or Ibuprofen if previously discussed.
- Apply heat to shoulder pain due to surgical insufflation gas.
- Apply ice packs to incisions/right upper abdomen for 20 minutes every 4-6 hours as needed.
- Use a pillow to splint your abdomen when coughing or sneezing.

### 6. When to Call Your Doctor

- Fever over 100.4°F (38°C)
- Severe or worsening pain not relieved by medication
- Excessive bleeding or swelling (minor bruising, wound drainage, or swelling is somewhat expected)
- Difficulty breathing, chest pain, calf pain, persistent nausea/vomiting or jaundice
- Unable to urinate within 6 hours of leaving the hospital or worsening abdominal pain/distention.
- Any other concerns

### 7. Contact Information

- Office Phone (any time day or night): 208-321-4790
- Non-urgent questions/concerns please email: [Assistant@capsurgical.com](mailto:Assistant@capsurgical.com)
- Emergency: Call 911 or go to the nearest Emergency Room.

### 8. Follow-Up with Dr. Gay as scheduled, typically 1-2 weeks after surgery.