

**Rivertown Surgery Center  
822 Farrar Drive  
Conway SC 29526  
(843)347-9587**

**POST OPERATIVE INSTRUCTIONS  
LAPAROSCOPIC CHOLECYSTECTOMY**

Diet- \_\_\_\_\_

Avoid fried and fatty foods after your surgery. Increase fluid intake.

Activity: You may walk, climb stairs and do light activities. No heavy lifting or strenuous exercise until seen in the office. No driving until seen in physician's office or while taking pain medication. Usually you may return to work or school approximately two weeks after your surgery or as directed by the physician.

You may shower, but no tub baths or swimming. Remove dressings daily and replace, but leave any steri-strips in place until removed by physician.

Resume all home medications unless otherwise instructed. Take pain medicine as directed.

Use ice pack to umbilicus every two hours for the next 48 hours.

Bruising and tenderness at the incision sites is normal. Call if problems arise including excessive pain, nausea or vomiting. Call if you develop fever, chills, or the wounds become reddened, swollen, painful or begins to drain material. The office number is 843-347-3900.

Return appointment: \_\_\_\_\_

I have read and understand the above instructions:

\_\_\_\_\_  
Responsible Party

\_\_\_\_\_  
Nurses Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Time