

Associated Surgical Group, S.C.
7303 N. Knoxville Avenue Peoria, Illinois 61614
Telephone: #(309) 691-4005 or #(888) 691-4005

POST OPERATIVE INSTRUCTIONS FOR GALLBLADDER SURGERY

1. Please plan for a responsible adult to drive you home and stay with you the first 24 hours after surgery.
2. Pain medication may be prescribed for the first few days. If you are having severe pain unrelieved by pain medication, please notify the office for further instructions. **DO NOT** drive any vehicle while taking prescription pain medication. It is recommended that pain medication be taken with some food or crackers to avoid stomach upset. When the pain begins decreasing, extra strength Tylenol or Ibuprofen (Advil/Motrin) may be substituted for prescription medications
3. Dressings and/or band-aids should be removed the day after surgery. If there are little strips of tape under the dressing (steri strips), **DO NOT REMOVE**. These should come off on their own. If they do not fall off in 7-10 days, they can be removed.
4. A shower may be taken the day after surgery if you feel up to it. Careful attention should be made to make sure incision is dry (pat gently). Do not bathe or swim until incision is healed.
5. Inspect the incision daily for redness or drainage. Some swelling or bruising is common after surgery. Please call the office if this is excessive or if you have any questions.
6. Avoid heavy lifting or strenuous activity. Limit exercise to walking or necessary stair climbing the first few days after surgery.
7. If you are having difficulty urinating or feel your bladder is not emptying after urination, try increasing fluid intake. If this is not helpful, please call the office.
8. You may resume previous diet after surgery if you are not nauseated. You may want to gradually introduce fatty or spicy foods. Diarrhea is not uncommon after gallbladder surgery. If this is excessive please call the office.
9. Drink plenty of fluids and walking is recommended after surgery. Sometimes pain pills contribute to constipation. If you are feeling bloated or unable to have a bowel movement, 30cc Milk of Magnesia may be tried. For nausea and/or vomiting, inability to pass gas or unable to have a bowel movement, please call our office.
10. Please call the office to schedule follow up care as instructed when you are discharged after surgery. The office hours are 8:30am until 5:00pm Monday-Thursday and 8:30am until 4:30pm on Friday. The office telephone is #(309) 691-4005 or #(888) 691-4005 If you are having problems after regular office hours the surgeon "on call" may be reached by calling the office, leaving a message and he will return your call.
12. Call the doctor to report the following: Temperature 101 or greater (if you have chills, check your temperature after chilling), severe pain unrelieved by medication, more than one episode of vomiting, redness or hardness around incision, thick yellow or greenish drainage from incision, or yellow discoloration of eyes or skin.

General, Thoracic, Colon-Rectal, Vascular and Advanced Laparoscopic Surgery