

Laparoscopic Gallbladder



Removal of the gallbladder through a laparoscope that is inserted through an incision in the abdominal wall near the navel.

Diet

- Clear liquids advancing to a regular diet the day following surgery.

After surgery

- Shoulder discomfort is common after surgery due to the carbon dioxide gas that is injected to lift the outer tissue layers away from the internal organs.
- Gas pains may occur while the digestive process returns to normal.
- Discomfort varies. Your surgeon will prescribe pain medication. Before anesthesia wears off, plan to take a dose of the prescribed pain medication, with food and plenty of fluids to avoid constipation.
- Resume all medication as taken before the surgery unless otherwise instructed by your doctor.

Activities and restrictions

- Follow your doctor's orders concerning driving, returning to work, exercising, climbing stairs and lifting.
- Sexual intercourse is allowed when comfortable.

Dressing and wound care

- There will be several small incisions on the abdomen which will be closed with a dissolving suture and covered with small nylon strips called steri strips.
- Observe the incisions daily for signs of infection, redness, swelling, increased tenderness, discharge or fever.
- Showers may be taken as directed by your surgeon.
- Leave the steri strips in place until they begin to curl, usually within 5 to 7 days.

Reasons to contact your physician

- Extreme discomfort not controlled by pain medication
- Prolonged nausea or vomiting, fever and/or chills
- Leg swelling, calf tenderness
- Shortness of breath, chest pain or unusual sputum
- Signs of wound infection