

# MARC MANDEL, M.D., F.A.C.S.

## GENERAL AND ONCOLOGIC SURGERY OF THE BREAST AND ABDOMEN

11 Overlook Road, Suite 160, Summit, NJ 07901, Tel: (908) 598-0966

### Post-Operative Care Instructions for Laparoscopic Cholecystectomy

*Congratulations! You have just had a laparoscopic cholecystectomy. Please follow my Instructions to help minimize pain and length of recover. Call the office as soon as possible for a post-operative appointment.*

#### WOUND CARE:

- You have skin glue covering dissolvable sutures that is waterproof for showers but not for baths or swimming for about 10d. It will wear of on its own. After about 10 days, you may peel it off if it is still there.
- Starting around the second or third day. You may notice blood under the skin or a "black-and-blue mark." This can be extensive and is not a cause for concern and it will all be re-absorbed over a period of a week or two.
- You may also notice swelling in the area of the wound and this generally begins to appear on the second or third day and peaks around the fifth day. Often times this will be resorbed over a period of two or three weeks.
- If you notice swelling around the umbilical wound, which appears to worsen and get red and tender, this may indicate that you have a wound infection. If this is the case, please call the office.

#### PAIN CONTROL:

- In general, your pain should improve a little each day following the second day of surgery. If it appears to worsen following the second day of surgery and it is not due to constipation, please give the office a call.
- The umbilical wound tends to be a little more sore than the other wounds for a period of time. This is not unusual.
- You may notice pain in your shoulders and your upper abdomen and it may almost feel as if you are having a gallbladder attack. This is secondary to the gas that was utilized to expand your abdominal cavity during the surgery. This may take as long as seven to ten days to resolve. Again. It is important to realize that this should be getting a little better each day, rather than a little bit worse.
- You have most likely been given a prescription for pain medication. Most people find that they do not require it for more than the first two or three days, at which time it is fine to switch to Tylenol or Ibuprofen.

#### ACTIVITY:

- For the first two days, only walking is permitted. You may climb stairs as necessary and this will not bring harm to your wound, however, it may cause excessive soreness. Following the first two days, you may begin walking or climbing stairs more. You may lift light objects; however, heavy lifting is not permitted for the first one to two weeks. After a week, you may begin light exercise. If you have a work out regime, I would

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recommend using 50% of the weight you have been using pre-operatively. You should target one month at a time when you are exercising to the extent that you were prior to surgery.

- You may engage in sexual activity after 24 hours. Obviously, adjustments may need to be made for comfort.
- You may shower starting on post-operative day one, unless otherwise instructed. You may not bathe for one week. I do not want the wound to be soaked. You may, however, stand with your back to the shower and let water gently run over the wounds.
- You may drive in 3-4 days. Try a local drive with someone in the car first to see how you feel

### DIET:

- Water is your friend. You should drink approximately eight glasses of water a day. This will make you feel better and keep your bowel movements nice and soft.
- You should maintain low-fat diet for the first one to two weeks, or until your bowel movements are totally normal. I would suggest staying away from foods which make you gassy or bloated, or from foods which tend to constipate you, such as rice or potatoes.

### BOWEL MOVEMENTS:

- Approximately 10-15% of patients will experience urgency to move their bowels following meals. This tends to last for only one to three weeks and is always self-limiting. If this appears to be going on longer or is severe, please call the office.
- If you have not moved your bowels in forty-eight to seventy-two hours after surgery, I recommend taking 45cc of Milk of Magnesia, either in the morning or prior to bed. Remember, it takes eight hours for the Milk of Magnesia to work, so you do not want to take it so that the time sequence would fall in the middle of the night. When you strain to move your bowels, press firmly against the incision. This will alleviate some of the pain, which comes with pushing out bowel movements.

### YOU SHOULD CALL ME IF ANY OF THE FOLLOWING OCCUR:

1. Persistent diarrhea or vomiting.
2. Temperature greater than 101 for more than 24-hours.
3. Excessive bleeding, beyond that which was described in the above.
4. No bowel movement 24-hours after taking Milk of Magnesia.
5. If your pain is increasing steadily over a period of several days rather than slowly decreasing, I would recommend that you give me a call.

IF YOU BELIEVE THAT YOU ARE HAVING A HEART ATTACK OR OTHER EMERGENT PROBLEM, PLEASE CALL 9-1-1 FIRST TO HAVE AN AMBULANCE BRING YOU TO THE HOSPITAL, THEN CONTACT THE OFFICE TO LET ME KNOW WHAT IS GOING ON.