

**Surgery Center of Pinehurst
Home Instructions after Cholecystectomy
(Gallbladder Removal)**

Activity:

You may resume your normal activities as soon as you are able. Please do not lift anything heavier than 10 pounds for 6 weeks after surgery. When coughing or sneezing, you will find it helpful to support your abdomen with a pillow. Some patients develop discomfort in their shoulders or chest due to the surgical gas. This is common and usually goes away within 48 hours. Walking is the best treatment for this, but you may use a gas medicine like Mylicon or Gas-X.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate, so drink plenty of fluids. Please do not drive a car or operate machinery as long as you are taking narcotics.

Upon discharge, a medication reconciliation sheet of all your current medications will be given to you and reviewed with you by the Surgery Center of Pinehurst.

Diet:

You may resume your normal diet with no restrictions. Remember to drink plenty of fluids to avoid constipation while on narcotics.

Care of Wounds:

OK to shower with soap and water. Avoid scrubbing the incisions. Pat dry. The skin glue will flake off in 7-14 days.

Appointment:

Please keep your scheduled appointment. If your scheduled appointment is inconvenient for you, please call my office and we will reschedule you for a more convenient time.

Please call my office at 910-235-4030 if you have any questions or problems.

Dr. Heathcote

Office: 910-235-4030