



John Abdelsayed, MD · William Clay Albrecht, MD · Charles J. Aramburo, MD · Joey M. Bluhm, MD · Kelly S. Dempsey, MD · Elegg Etter, MD · Buckminster J. Farrow, MD · John D. Fisher, MD · Adrienne Floyd, MD · Amanda Garza, MD · Robert M. Hillery, MD · Eddie Lambert, MD · Anne Le, MD · Liz Lee, MD · Rick Ngo, MD · Guillermo Ponce de Leon, MD · Arlene Ricardo, MD · Robert Shirley, MD · Lucrecia Sta Ana, MD · Michael Todd Wood, MD

Postoperative instructions – Gallbladder Removal (Cholecystectomy)

Call and make your postoperative visit to be done approximately 7-10 days after surgery.

Wound care:

- 1) Remove the external bandage (if you have them) at 24-48 hours after surgery
- 2) Leave the "steri-strips" instead, if you have them. They will fall on their own.
- 3) You may have skin glue sealing your incision; this resembles the "super glue" glue and is used to strengthen your dissoluble sutures by making your incision waterproof and allowing you to take a shower. Do not soak in a bathtub or go swimming for 14 days.
- 4) You may use an ice bag to reduce swelling at the surgery site for the first 24 hours and then switch to heat if necessary.
- 5) You can take a shower 24 hours after the surgery. Dry the surgical incision after bathing and cover with dry gauze if necessary.

Diet:

You may advance your diet as tolerance after surgery; you should slowly reintroduce fatty and spicy foods, in small portions and monitor how well you tolerate them. If you feel nausea or indigestion, please resume a bland diet and give your digestive system more time to adjust.

Activity:

For 6 weeks after surgery

- 1) Do not load anything over 20 pounds.
- 2) No strenuous exercises such as push-ups, sit-ups or abdominal tension.
- 3) Walking is encouraged.
- 4) It encourages normal daily activities.
- 5) Running and biking are allowed when you feel you can do it.
- 6) Do not drive until you are pain free and no longer using your pain medication.

Constipation and bloating:

- 1) If you feel bloated, increase your activity.
- 2) If you have constipation, increase your water intake and use an "over-the-counter" (without a prescription) stool softener such as mineral oil or a laxative such as Milk of Magnesia as directed on the bottle.

Call our office if:

- 1) You develop any unusual signs or symptoms, such as tenderness, bleeding, redness or drainage at the surgery site.
- 2) You have a temperature of 100.5 degrees or higher.
- 3) You have yellowing skin or eyes.
- 4) You have shortness of breath upon exertion.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479
Memorial Hermann Southwest Location:	7777 Southwest Freeway, Suite 810 · Houston, Texas 77074
Memorial Hermann Katy Location:	23920 Katy Freeway, Suite 410 · Katy, Texas 77494
Memorial Hermann Memorial City Location:	920 Frostwood, Suite 620 · Houston, Texas 77024
Memorial Hermann Cypress:	27700 Northwest Freeway, Suite 330 · Cypress, Texas 77433
St. Joseph Hospital	1315 St. Joseph Pkwy Suite 1708 · Houston, TX 77002
Pearland Kirby Medical Plaza Location:	10970 Shadow Creek Parkway, Suite 220 · Pearland, Texas 77584
Central Business Office:	13811 Murphy Road · Stafford, Texas 77477



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Medication Refills:

Please call your pharmacy directly and request any needed refills. The pharmacy will contact our office and refills will be expedited.

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