

**DISCHARGE INSTRUCTIONS AFTER LAPAROSCOPIC  
CHOLECYSTECTOMY**  
*Central Texas Surgical Associates*

1. **DIET:** Upon discharge from the hospital you may resume your normal preoperative diet.  
Depending on how you are feeling and whether you have nausea or not, you may wish to stay with a bland diet for the first few days. However, you can advance this as quickly as you feel ready.
2. **ACTIVITIES:** After discharge from the hospital, you may resume full routine activities. However, there should be no heavy lifting (greater than 15 pounds) and no strenuous activities until after your follow-up visit. Otherwise, routine activities of daily living are acceptable.
3. **DRIVING:** You may drive whenever you are off pain medications and are able to perform the activities needed to drive, i.e. turning, bending, twisting, etc.
4. **BATHING:** You may get the wound wet at any time after leaving the hospital. You may shower, but do not submerge in a bath for at least 48 hours. Leave the steri-strips in place as they will fall off in roughly ten days. As the steri-strips peel off, you may trim the edges.
5. **BOWEL FUNCTION:** A few patients, after this operation, will develop either frequent or loose stools after meals. This usually corrects itself after a few days, to a few weeks. If this occurs, do not worry; it is not unusual and will resolve. Much more common than loose stools, is constipation. The combination of pain medication and decreased activity level can cause constipation in otherwise normal patients. If you feel this is occurring, take a laxative (Milk of Magnesia, Ex-Lax, Senokot, etc.) until the problem has resolved.
6. **PAIN MEDICATION:** You will be given a prescription for pain medication at discharge. Please take these as directed. It is important to remember not to take medications on an empty stomach as this may cause nausea.
7. **APPOINTMENT:** Contact our office for a follow-up appointment in 1 to 2 weeks following your procedure.

If you have any additional questions, please do not hesitate to call the office and speak to either myself or the physician on call.