

Lake of the Woods District Hospital

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861 Fax (807)468-3939

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

**DISCHARGE
INSTRUCTIONS
FOR
LAPAROSCOPIC
CHOLECYSTECTOMY**

1. You should consume a diet high in protein to promote healing (unless on a restricted or special diet). If you feel nauseated, it is best to start with clear fluids and then progress as able to tolerate.
2. You may shower starting in 1 to 2 days but avoid tub bathing until steri-strips are removed. When showering, avoid saturating incisions with water while steri-strips are in place. Pat incisions dry. Avoid use of soaps, powders and lotions.
3. For several days after surgery, you may experience some mild abdominal pain or cramping; also, pain around the incisions and mild shoulder or neck pain from the carbon dioxide used during surgery.
4. Take your prescribed pain medication as directed (every 4 hours, if needed) for discomfort.
5. Resume medications as on at home unless otherwise advised.
6. Discuss when you will be able to return to work with your doctor. (Approximately 2 weeks)
7. Do not lift anything heavier than 10 pounds (6 kg) for 4 weeks.
8. You will tire easily, so resume activities only as tolerated. You should avoid vigorous activity for at least one week or as discussed with your doctor.
9. If you have steri-strips along your incisions, you may remove them in **1 week**.

10. If you have been given sedation (laparoscopic medication): Sedative and narcotic medicines given during your procedure may linger for hours. Thus, you may notice some drowsiness during the remainder of the day. For this reason, it is essential that a companion drive you home or accompany you if you plan to take a taxi or public transportation. You should not drive today or operate machinery. You should not plan any activities that require complex thought or coordination today. Do not drink alcohol or take sedative medicines during the next 24 hours.

11. Notify your doctor or come to Emergency if any of the following occur:

- Excessive drowsiness
- Excessive pain, not controlled by pain medication
- Unusual bleeding
- Redness, swelling or drainage of pus from incision
- Elevated temperature over 100F (38C)
- Unusual cough or shortness of breath
- Persistent nausea or vomiting
- Faintness or dizziness

12. Make an appointment to see Dr. _____
in _____ Phone number _____

**** If you have any questions do not hesitate to call your doctor ****

Special Instructions: _____

