

**DISCHARGE INSTRUCTIONS FOR**  
**LAPAROSCOPIC CHOLECYSTECTOMY**

1. Your incision is sutured with absorbable stitches that do not need to be removed, and covered with medical glue. You may shower over the incisions. No wound care is needed.
2. Expect some weight loss, lack of energy and tiredness for the first two (2) weeks. Consider one (1) week off work as a minimum. You may return to work and driving as soon as you feel ready.
3. You will receive a prescription for pain medication that you may take as often as every four (4) hours. ***Do not drive while taking pain medications.*** Side effects include constipation, drowsiness and/or nausea.
4. **Diet:** Bland food the day of surgery, then you may eat anything. You may experience some food intolerances after surgery for a short time.
5. Call (214) 823-2650 to make an office appointment for two (2) weeks after surgery.
6. Expect some shoulder pain – it should resolve in 24-48 hours.
7. Take a fiber laxative and a stool softener daily until bowel movements return to normal.