

Laparoscopic Cholecystectomy

(Laparoscopic Gallbladder Removal)

Post-Operative Information

There will be no stitches to take out. They are under the skin and will dissolve on their own.

Steri-Strips™ will be placed on the skin, over the wound. They will stay on for 7-10 days. Band-Aids™ will be placed over the Steri-Strips™. You may shower over these in 24 hours. You may remove the Band-Aids™ after 2 days.

There may be some bleeding from the wounds later in the day or the next day, if this happens, place another Band-Aid or small dressing over the wound.

There may be some bruising, it usually shows up 3-4 days post-operatively.

I will write a prescription for pain medication, but start with Motrin™, ibuprofen, Aleve™, Nuprin™, Advil, or other over-the-counter anti-inflammatory medications. You may use these in addition to the pain medication. Avoid using Tylenol™ (acetaminophen) with the prescription pain medications. Place an ice pack over the operative site for the first day or so.

You will feel like you've been punched in the side or have a pulled muscle. As this heals, you will be able to be more physically active. Use the pain as your guide to activity.

You may not be hungry for a few days afterwards, but as long as you are tolerating liquids, you will be okay. Advance your diet as you see fit.



Eventually, you will be able to eat anything you want. You will not need to alter your diet, even without your gallbladder.

You may have some nausea for a day or two post-operatively. This is not unusual.

If you feel constipated and have not had a bowel movement in 2-4 days, try taking some Milk of Magnesia™.

If you have any problems, call my office during regular office hours at 801.965.3566 or my answering service at 801.596.6650 after hours or on the weekends.

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Exceptional Care. One Patient at a Time.