



Dr. Hall's Hospital Discharge Instructions Following Laparoscopic Cholecystectomy

Activity

Proceed with your daily activities as tolerated but do not lift anything heavier than 10 pounds for 6 weeks. Walking following the operation is encouraged.

Diet

Eat a healthy and well-balanced diet. A low-fat diet is encouraged for the first 1 to 2 months as your body adapts to missing your gallbladder.

Wound Care

The wound care is different for every type of skin closure that is performed. Please see below for instructions.

- **Surgical glue**
 - You may shower daily immediately. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The surgical glue will flake off after several weeks. The sutures under the skin will dissolve.
- **Steri-strips**
 - Remove the top dressing in 2 days and shower. Do not submerge the wound in a bath for 2 weeks. No swimming for 2 weeks.
 - Wash the wound with regular soap and water daily.
 - No need to apply any ointments or lotions.
 - The Steri-strips will fall off after several weeks. If they have not fallen off in 2 weeks, it is okay to remove them. The sutures under the skin will dissolve.

Follow Up and Results

Follow up in our clinic in 2 weeks for a wound evaluation and to discuss any results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.