

General and Laparoscopic Surgical Associates, P.C.
Stefano F. Agolini, M.D., F.A.C.S.

4660 Kenmore Avenue, Suite 419
Alexandria, VA 22304

Phone: 703 823 4066
Fax: 703 823 4067
www.surgeonvirginia.com

Post Cholecystectomy

1. There are no long term dietary restrictions but right after surgery, bland food and small quantities may help prevent nausea and vomiting. Try to have some food in your stomach prior to taking pain killers as they may cause nausea and vomiting if administered on an empty stomach. Use the painkillers as needed but as soon as possible switch to Advil or Tylenol. Do not drink any alcohol the day of surgery and you cannot drink alcohol while on the painkillers.
2. Make a follow-up appointment in about two weeks. Call for an appointment at 703 823 4066.
3. Remove the outside dressing the next morning. Leave the steri-strips(if applicable these are white stripes right on your incision) in place, they will fall off on their own. Unless otherwise instructed it is safe to take a shower over the wounds the day after surgery.
4. You can drive once you are mobile and off pain killers.
5. It is safe to go up and down stairs and to start aerobic activity as soon as tolerated. Avoid lifting greater than 25lb and sit-ups for the first three weeks.
6. If you develop persistent nausea, vomiting, have a fever greater than 101.5, become jaundiced(turn yellow), develop leg swelling or persistent abdominal pain please call the office at 703 823 4066 even after hours. If there is no answer then please go to the nearest emergency room or call 911.