



Capital Surgeons Group, PLLC
Comprehensive, Compassionate General Surgery Care

Stephen S. Clark, MD 512-302-1210
Tim L. Faulkenberry, MD 512-302-1210
Mark R. Sherrod, MD 512-302-1210
Nancy G. Marquez, MD 512-388-7447
Paula S. Oliver, MD 512-498-4850
Patrick C. Dillawn, MD 512-388-7447
Steven M. Fass, MD 512-441-7755
Rob A. Fuller, MD 512-302-1210
Moya M. Griffin, MD 512-498-4850
Bridget M. Brady, MD 512-302-1210
Mario A. Longoria, MD 512-388-7447
Jinnie A. Bruce, MD 512-388-7447
Charles E. Oswalt, MD 512-441-7755

POST OPERATION INSTRUCTIONS – GALLBLADDER REMOVAL (CHOLECYSTECTOMY)

Call and schedule your Post-Op visit to occur approximately one week after surgery unless otherwise instructed by your surgeon.

WOUND CARE:

- Remove outer dressing (if you have them) at 24-48 hours post op and shower
- Leave the steristrips in place (the skinny white strips). They will fall off on their own

DIET:

For TWO MONTHS after surgery (if recommended by your doctor):

- No fried or greasy foods
- No heavily spiced foods (i.e. Mexican or BBQ)
- No dairy if you had difficulties with dairy before the operation

ACTIVITY:

For SIX WEEKS after surgery:

- No lifting over 10 lbs
- No push-ups or abdominal straining
- No sit-ups
- Walking is encouraged
- Normal day to day activities are fine
- Running/biking are allowed when you feel up to them – do not rush
- Swimming is allowed only after the steristrips have fallen off the incision
- No driving until you've stopped pain medication and you are able to wear your seatbelt comfortably

If you have difficulty with bloating and/or constipation:

- Increase your activity
- Use a mild over the counter laxative

CALL OUR OFFICE IF:

- You develop any unusual signs or symptoms such as tenderness, bleeding, redness or drainage from the wound
- You develop a temperature of 101 degrees Fahrenheit or higher
- You have bouts of nausea and/or vomiting for longer than 18 hours

PLEASE CALL THE OFFICE OR THE DOCTOR IF YOU HAVE ANY QUESTIONS OR CONCERNS