**Gallbladder postoperative instructions**

Please note that these are generalized postoperative instructions.  Each surgical procedure and postoperative recovery are unique.  If you were given directions following surgery that differ from the ones stated below please follow the directions you were given after your surgery.  Please contact the office if you have any questions or concerns at 479-705-2310  
  
You may return to a normal diet as you recover from anesthesia. Some people may have slight nausea after anesthesia so it is recommended to eat light meals in the hours following your surgery and return to regular diet the following day.  Following gallbladder removal there are no specific diet restrictions, however as you return to your regular diet you may notice that some foods cause increased urgency of stools or loose stools after eating.  This happens to some but not all patients following cholecystectomy.  If you have difficulty with loose stools or urgency of stool after eating first try increasing the amount of fiber in your diet. Next you may try any over the counter anti-diarrhea agent such as Imodium.  If diarrhea continues to be an issue please address it at your postoperative visit.  
  
You may not operate a vehicle for 24 hours following anesthesia.  After that you may drive when you are not under the influence of pain medication, can wear your seat belt, can turn from side to side to check mirrors and blind spots and have the strength to control the vehicle.  
  
You may shower 24 hours after surgery and get your incision wet. Only clean with warm soapy water. Do not use alcohol or hydrogen peroxide.  If you had surgical glue adhesive applied over your incision this will peel off like a scab in 1-2 weeks.  If you do not have surgical glue adhesive keep a dressing on your wound for the 24 hours after surgery.  Following that 24-hour period you may remove the dressing for showering but replace after cleaning for the first 3-5 days or as long as there is any drainage.  After 2 weeks of healing, you may apply any topical ointment or cream as long as skin is healed and there are no open areas.

It is normal to have bruising around the incisions.

No heavy lifting (over 10 pounds) for the 2 weeks after your surgery.  This includes no pushing and pulling.  A gallon of milk is approximately 8 pounds so this is a good guide of how much you can lift. Walking, going up stairs, and other normal daily movements are encouraged as you tolerate them.

You may use warm or cool compress for pain depending on your comfort. Before taking Tylenol check your pain medication. It may already contain Tylenol in which case you would not want to take additional Tylenol with your pain medication. You may take additional Ibuprofen or Aleve.