

## Post-Operative Instructions for Laparoscopic Cholecystectomy

### ❖ Pain and Swelling

Following laparoscopy you may have pain in one or both of your shoulders. The more you are up and around, the quicker the pain will subside.

### ❖ Constipation

Due to anesthesia and pain medication, you may experience constipation.

**If you do not pass gas or have a bowel movement within a few days of your surgery, you may need to use a Dulcolax suppository.**

### ❖ Diet

The first 24 hours after surgery you will need to be on a liquid diet. **After that you may resume a sensible, low fat diet for the first week, and then gradually add fat back into your diet.**

### ❖ Activity

You need to be walking around as much as possible. Do not lift over 7 kg. for 10 days. **You may drive when you stop taking pain medication.**

### ❖ Bathing

**You may remove the band aids in 48 hours and shower. Leave the butterfly tapes in place.** These will come off in a week or two. Do not swim for 7 days.

### ❖ Follow-up

You will need to see Dr Nitin Arora/Dr Saurabh Goswami for a follow-up appointment in about a week after your surgery. Please call out office for an appointment if you have not already scheduled one. If you have any questions, feel free to contact our office at 08588550044.

**[La Vista Clinic](#)**

F-17, First Floor THE HIVE, Sector 102, Dwarka Expressway,  
Gurgaon, Haryana-122001

[lavistacure@gmail.com](mailto:lavistacure@gmail.com)

TEL: 08588005544