



LAKESIDE SURGICAL
ASSOCIATES, PA

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Laparoscopic Cholecystectomy Instruction Sheet
Discharge Instructions - Out Patient Surgery

1. You may remove the dressing in 24-48 hrs if you have a dressing over the incision site.
2. Leave the steri-strips on (the little pieces of tape over incision). They will fall off on their own in about 1 week. You may remove the steri-strips after 1 week if they are still on.
3. You may shower after 24-48 hrs and then pat dry the incision. You do not need to re-apply any dressings to the sites unless you wish due to discomfort of drainage.
4. Do not submerge the incision in water for 1 week, no hot tubs, no swimming, and no tub baths that are deep enough to soak the incisions.
5. Limit your activities until seen by your doctor for your follow up appointment. Listen to your body; don't over do it, take it easy for 2-3 days after surgery.
6. Walk frequently.
7. You may return to work as discussed with your doctor.
8. Drink plenty of liquids.
9. If you have any bleeding from your incisions apply firm pressure over the site for 5-10 minutes and then cover with a Band-Aid. If this continues call your doctor. If you have any problems such as severe nausea, vomiting or uncontrolled pain, call your doctor.
10. No ice to the incision.
11. No ointments, no polysporin or Neosporin, it increases the risk of infection.