

## Post-Operative Information for Laparoscopic Cholecystectomy

After removal of your gallbladder, you may experience some post-operative **nausea** or decreased **appetite**. This is normal. You should have received a prescription for a nausea medication. Use this as needed, as directed. You can eat whatever you can tolerate. If having problems with nausea, try to start out with a bland diet- soups, bread, etc. Also, try to avoid fried, fatty foods, which are harder for your system to digest. Advance your diet as tolerated. You should be able to eat anything you would like after the initial recovery period from this surgery.

Your abdomen will be **sore** after surgery. The gas that is used to inflate your abdomen during surgery can irritate your diaphragm, causing pain in upper abdomen, shoulders, and neck. Your body will reabsorb the gas over the first few days after surgery, and the pain will dissipate. Moving around, walking, changing position can help with this discomfort.

You were prescribed a **pain medication**. Take this as needed, as directed. In addition to that, you may take Ibuprofen (**NOT Tylenol**) and use a heating pad to help with abdominal discomfort.

**Constipation** is common after surgery. It is usually due to the medications used during surgery and then can continue with the use of prescription pain medication. We recommend starting Milk of Magnesia the day after surgery (1-2 doses per day). You still may not have a bowel movement for a few days, but continuing taking the Milk of Magnesia. If you have been taking Milk of Magnesia but have started having discomfort and feel like you really need to have a bowel movement, we recommend Magnesium Citrate. Take it as directed on the bottle. Typically, you will see results within a few hours. Milk of Magnesia and Magnesium Citrate are both available over the counter at any local drug store/pharmacy.