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Recovery after Gallbladder Surgery

Wound Care

Leave the outer dressing in place for 24-48 hours. Steri-strips may be placed and they should remain for 7-10 days.

Rinse the wound in the shower 24-48 hours after surgery. It is unnecessary to scrub the wound and it is fine to get soap on the incision. Do not submerge the wound in a bath, pool or hot tub for 1 week. Do not apply any cleansers or ointments to the incision unless directed by your surgeon. If you want to apply another dressing make sure that it is changed daily.

Common Findings

- Minor swelling, bruising, light redness in the skin next to the incision
- Muscle spasms, especially in your right side, are common - gentle activity is the best way to prevent and treat them

Common Narcotic Side Effects and Prevention

- Nausea - take the medication with a little food
- Light headedness - keep hydrated
- Constipation - see below
- Do not drive for a day after taking narcotics

Constipation Prevention

Constipation usually resolves when you are more active, eating a balanced diet and stop taking narcotics. If you are prone to constipation, take a stool softener (Colace) or cathartic (Senokot-S, Miralax, Milk of Magnesia) 1-2 days prior to surgery. We suggest taking a cathartic while you take narcotics. If you feel bloated, take the medication twice a day or add a second cathartic medication. Stop the medications if your stools are loose.

Restrictions

- Do not lift more than 20 pounds for 2-4 weeks or as directed by your surgeon

Call our Office for any of the Following Concerns

- Sustained fever > 101.5 degrees
- Expanding redness or streaking around the incisions
- Pus or foul drainage
- Worsening or excessive pain
- Persistent nausea, vomiting or right upper quadrant pain

Thank you for choosing Surgical Associates, PC for your care. For prescription requests/refills (including narcotics) or general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm. A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after hours.