

**POST OPERATIVE INSTRUCTIONS**  
**CHOLECYSTECTOMY**



<b>PAIN</b>	Take regular Panadol every 4-6hours for 2 days. You will be prescribed stronger pain relief to be taken when required. Avoid anti-inflammatory medication for 2 days after surgery.
<b>WOUNDS</b>	Remove all dressings after 7 days. Contact rooms if wound is discharging, has offensive smell and/or you have fevers. You can shower with dressings on, just pat dry after.
<b>SUTURES</b>	All sutures are dissolvable.
<b>DIET</b>	Avoid high-fat foods, fried and greasy foods, fatty sauces and gravies for at least a week after surgery. Keep up with plenty of fresh fruit and vegetables.
<b>BOWELS</b>	You may be constipated after surgery, drink plenty of water but if required use a stool softer until you return to normal motions. Movicol is a gentle softener to use (available at chemist no script required).
<b>ACTIVITY</b>	No heavy lifting (2kg max) for 4-6 weeks.
<b>DRIVING</b>	2 weeks after surgery you can return to driving except if you are still taking strong pain relief.

Any concerns please call our rooms on **8164 6760**