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**LAPAROSCOPIC CHOLECYSTECTOMY/POST-OP INSTRUCTIONS**  
**LAPAROSCOPIC APPENDECTOMY/POST-OP INSTRUCTIONS**

PATIENT NAME: \_\_\_\_\_

**ACTIVITY:**

You may start taking a shower 2 days after surgery; until that time, sponge off.

You may experience some shoulder or neck discomfort due to the gas used during surgery. Some discomfort may be alleviated by getting up as soon as possible and walking around as much as you can. By doing this your body will absorb the gas used during surgery, therefore you should have a quicker, easier recovery.

No strenuous activity or sex until your follow-up visit. You may then slowly resume normal activity one week at a time.

No driving for four days following surgery; afterwards, only if you feel strong enough.

You may return to work within 1 week following surgery provided your job is not related to anything strenuous.

**II. DIET:**

You may eat anything you like following surgery unless you have been advised differently by your personal doctor.

**III. DRESSING:**

1. Leave the dressing in place for 2 days following surgery.
2. If op-site is present (Clear Bandage) and comes off, cover with a Band-Aid; if the Band-Aid gets wet, remove and apply a clean Band-Aid for the first 4 days, then leave open.
3. If skin glue is present, leave intact. It will come off on its own, after 7-10 days.
4. If there are steri-strips over the incisions, leave them on until you return to the office for your check-up, unless they come off prior to your visit.
5. TED HOSE are to be worn for 4 days after surgery, you are not required to wear them to bed at night.

**IV. MISCELLANEOUS:**

1. You have been given a prescription for pain medication to be taken if you are experiencing Moderate to severe pain. However, should you only have mild pain or discomfort, try taking Extra Strength Tylenol or Ibuprofen every 4 hours.
2. If you have any problems or questions pertaining to your surgery prior to your scheduled return visit, feel free to call the office. The nurse will try to handle any questions, if she is unable to do so, the message will be relayed to Dr. Berlin and someone will call you back.
3. If you have a problem with constipation, take a laxative of your choice as prescribed on the box.
4. Notify Dr. Berlin of any elevated temperature of greater than 101, excessive pain or bleeding.
5. Take Phazyme 125 or any equivalent gas-relieving medication 4 times a day for at least 3 days after surgery (non-Prescription).
6. Resume taking all medications you were taking prior to surgery the day after surgery, except **NO** Metformin (Glucophage) diabetic medications for 48 hours post-op.

V. Other \_\_\_\_\_

FOLLOW-UP APPOINTMENT ON \_\_\_\_\_ AT \_\_\_\_\_