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POST-OP INSTRUCTIONS FOR CHOLECYSTECTOMY

Because most patients don't require overnight hospital care after a cholecystectomy, day surgery is the ideal setting for this procedure. These facilities provide excellent care without the inconvenience and expense of an overnight stay. After your surgery, you will recover comfortably at home with your family. Should admission to the hospital be required, for whatever reason, you will be admitted and stay as long as needed.

To insure a smooth recovery after surgery, follow these general guidelines:

1. An adult should be with you the night after surgery.
2. You will be given a prescription for pain medication. This provides adequate relief, although some discomfort is to be expected.
3. You may shower immediately after your surgery. No swimming hot tubs or tub baths for one week after surgery.
4. Call if you notice excessive swelling, severe pain, inflammation, drainage or temperatures above 101. These may be signs of infection or bleeding. If necessary, I will see you in the office immediately. Occasionally, minor bruising will occur around the incisions – this is normal.
5. Lift only light objects that you can manage easily.
6. No jogging, aerobics, tennis, weight lifting, etc. for two weeks. As a general rule normal activities such as work, driving, housework and sex can be resumed a week or so after surgery at your discretion. As a general rule if an activity causes pain – STOP.
7. Call the office the day you go home or the following day for an appointment for two weeks after the surgery.
8. Questions often arise – please feel free to call.