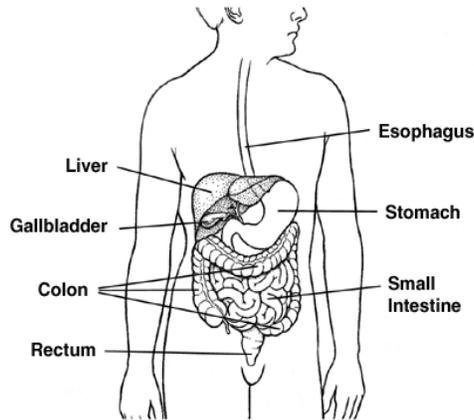


Name: _____



What does my gallbladder do?

Your gallbladder stores bile, which is made in the liver. Bile helps you to digest the fat in your food. Your liver will still produce bile after your gallbladder is removed. The bile will flow directly into your intestines.

What should I do when I get home?

- Do not lift any thing that weighs more than 5 kg or 10 lbs for 1 week
- Ask your surgeon when you can go back to work
- You may shower the day after your surgery if the incisions are dry
- Use a mild soap and pat the incisions dry
- Keep the tapes clean and dry
- If the tapes fall off you do not need to replace them
- Call your surgeons office the day after your surgery to make an appointment for your follow-up visit
- If you have stitches, they will be removed at your follow-up visit

Your nurse will go over the general patient information fact sheet.

When can I eat?

- Start by drinking fluids on the first night
- You may eat your normal diet the day after your surgery

What if I have pain?

- Going for short walks will help the pain
- Take acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to
- Your doctor may give you a prescription for pain medicine
- Be sure to follow the instructions on the medicine bottles
- Do not wait until the pain gets bad
- It is best to take the medicine regularly for 1 or 2 days

What if I cannot pass urine?

- Put warm washcloths on your lower stomach
- Pour warm water over your genitals
- This may help you to relax enough for the urine to come out
- Do not push or strain
- Call your doctor if you have not passed any urine for 8 to 10 hours

Call your surgeon if:

- Any incision is red, swollen or painful
- The drainage from any incision becomes bright red or smells bad
- Any incision becomes red and feels hot
- You have a fever greater than 38.0°C or 100.4°F
- You have pain, aching, swelling or redness in your calves

Call 911 or go to the closest emergency if you:

- Have shortness of breath or chest pain
- Have pain in your stomach, mid-back or side
- Feel your stomach is bloated and firm and you can feel a lump
- Feel your heart is beating really fast and you feel like passing out
- Feel restless for no reason and your skin is pale and clammy
- Have numbness, tingling or no feeling in your legs