



Andrew J. Shapiro, MD Kyle S. Eldredge, DO Michael D. Shockley, MD
1447 Medical Park Blvd, Suite 407 ♦ Wellington, FL 33414 ♦ Phone: 561-333-1335 ♦ Fax: 561-333-4252

Recovery/Post-operative Instructions
Gallbladder

If you smoke, consider quitting to support wound healing and recovery.

DIET & BOWEL CARE

Resume bland, non-greasy, non-spicy foods in small portions the day of surgery. Drink plenty of fluids (water, juice, broth, sports drinks). To prevent constipation, start Colace (Docusate Sodium) 100mg twice daily the day before surgery; stop after your first bowel movement. **TAKE WITH 12 OZ COLD WATER** If no bowel movement in 2–3 days, use a Fleet Enema. **NO**

STIMULANT LAXATIVES

MEDICATIONS

Pain: You'll receive a prescription for narcotics (e.g., Percocet, Oxycodone, Ultram, Vicodin, Tylenol with Codeine) and an anti-nausea medication. Take as directed. Narcotics may cause drowsiness, dizziness, nausea, and itching.

- *Do not drive or consume alcohol while on narcotics.*
- Take with food. Benadryl may help itching (if no rash).

Regular Meds: Resume the evening of surgery or the next morning unless told otherwise. Complete all antibiotics if prescribed.

WOUND CARE

No shower for 48 hrs. No tub/pool for 2 weeks. After 48 hrs, you may gently wash incisions with soap/water—no dressing needed.

- **Staples:** Removed at follow-up
- **Steri-strips:** Fall off on their own
- **Skin glue:** Do not scrub—wears off in ~1 week
- **Drains:** You'll receive specific care instructions
- **Ice:** Use over incision for 48 hrs, 10 min on/off while awake

Bruising, soreness, and a firm “healing ridge” under incisions are normal and resolve in weeks to months.

BLOATING

Bloating is common and will improve in 48–72 hrs. Keep walking to help reduce discomfort.

ACTIVITY

Walk around several times a day to prevent complications. Stairs and light activity are okay. Use a pillow to brace your abdomen when coughing or deep breathing.

- Roll to your side and use your arms when rising from bed or a chair
- **No lifting/pushing/pulling >10 lbs**, no vigorous exercise, and no sexual activity until cleared
- Return to work/school when you feel ready, with restrictions
- **No driving for 72 hrs post-op or while taking narcotics**—only resume when you feel fully safe behind the wheel

CALL 561.333.1335 IF YOU HAVE: (After hours/weekends, speak to the on-call doctor)

- Fever >101.5°F
- Chest pain or trouble breathing
- Redness >¼", drainage, bleeding, or pus at incision/IV site
- Worsening incision pain, swelling, or abdominal pain/bloating
- Vomiting or trouble urinating (may require ER visit)
- Any other concerns about your recovery

FOLLOW-UP

Call our office 2–3 days after surgery to schedule your follow-up visit for 14–21 days post-op.