



LAP GALL BLADDER POST-OP INSTRUCTIONS

- Be active beginning the day of surgery. The pain you have will be like “charley horse” pain. The more you move around, the better your pain will get.
- You may experience gas pains in your right shoulder afterwards. Walking will help this pain. It should resolve in 2-3 days.
- Diarrhea may occur after eating for the first few weeks, especially after eating fatty, greasy foods. It is advised to remain on a low fat/grease diet for the first 2-3 months as your body adjusts.
- You may drive a car when you are no longer taking pain medication, and able to respond quickly.