

HOME CARE INSTRUCTIONS

CHOLECYSTECTOMY

01 PHYSICAL ACTIVITY

- Start your daily activities gradually, avoiding lifting objects that weigh more than 5 kg.
- Avoid prolonged bed rest, abdominal exercises and contact sports for 4 to 6 weeks.
- It is advisable to walk at least once an hour, to avoid the formation of thromboses in the legs.

02 DIET

- Going back to the usual diet is a gradual process, as the body is adapting to not having a gallbladder.
- Eat foods at tolerance (if you do not feel nauseous), avoiding those that are too spicy, greasy, abundant and that cause gases.
- It is recommended to eat foods with high fiber content and drink plenty of liquids, in order to avoid constipation.

03 RECOMMENDATIONS FOR THE WOUND

- Continue your daily bathing routine with soap and water, avoiding wetting the dressings and bandages that cover the wound.

**POST-SURGERY
CARE**

February 2021

- Do not apply anything to the wound, it does not require cure.
- Uncover the wound 2 days after the surgery, to wash it with water and soap during the daily shower.
- Perform hand hygiene before and after contact with skin near the wound.
- Avoid wearing tight clothes.

04 CHECK WITH YOUR PHYSICIAN IF YOU HAVE

- Absence of bowel movement for more than 3 days.
- Alteration in the color of the urine (very dark).
- Excessive redness in the wound area. Eyes and skin with yellow coloring.
- Secretion discharge (liquids, pus, blood) with a bad smell.
- Intense and persistent pain, which does not improve with painkillers.
- Temperature above 38.8°C.
- Frequent vomiting.

** During the first few days bloody fluid may come out of the wound, this is normal.*

05 MEDICATIONS AND APPOINTMENTS

- Continue with the medications indicated for the control of your underlying disease unless your physician indicates otherwise.
- Ask for a control appointment 15 days later, to review the pathology report, the state of the wounds and remove the stitches, if necessary.