

# Patrick Moore, MD, FACS

## Gallbladder Post-Operative Instructions

### PAIN MEDICATION

1. You will be given a prescription for pain medication. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like, Extra Strength Tylenol for pain relief.
3. If you experience nausea and/or vomiting: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

### DRIVING

1. Do NOT drive.
2. Do NOT drive while taking the prescription pain medication.

### DRESSINGS

1. You may shower over the incisions on post-op Day 1. Blot dry.

### ACTIVITY

- Keep activity light. NO lifting over 10 lbs. You may walk outside or upstairs.

### DIET

- Remain on clear liquids for the **first 24- 36 hours**, then advance slowly to a low-fat diet.

### PAGE THE DOCTOR

### IF YOU EXPERIENCE:

1. Unusual color and/or discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call us to schedule a follow-up appointment within 2 weeks following your discharge.  
**Please call Dr. Moore's pager number if you have ANY serious concerns or questions after surgery.**