JOHN WILLIAMS M.D.

Robotic Gallbladder Care Instructions

▢ Surgery is a stress on your body. Even very active people will be a little slow for a week or so. It is not unusual for patients to need a nap.

▢ Incisions: All of your incisions are closed with stitches that dissolve. There is glue over the incisions. You DO NOT need to use any cream/ointment/or cleanser on them. The glue will fall off in ~2 weeks. You may remove the glue if the edges are starting to separate. You DO NOT need antibiotic pills. A little redness at the incision is normal. Redness that starts to spread and is tender to the touch should prompt a call to the office.

▢ Bathing: You may shower the night of surgery. Just let soap and water run over the incisions. Do not scrub. Pat the area dry. Do not soak underwater for 7 days (swimming, bath tub, hot tub, etc).

▢ Diet: Most patients do not have “a normal appetite” for a week or so after surgery. This is normal and will get better with time. Unless I specifically tell you, there is no “special diet” to follow. Everyone knows someone that has had diarrhea. It may or may not happen to you. Give it a few months to see how things settle out. Fried or spicy foods may cause stomach upset, but they are not forbidden.

▢ Activity: In general, things like taking a gallon off the top shelf at the grocery store is ok, but not a 40 count package of water bottles. If you feel able, you may walk outside, take the stairs, and perform daily activities around the house. It is impossible to list every activity. Use common sense.

▢ Driving: You need to be off your narcotic pain medicine and be able to move around without pain or significant limitation.

▢ Bowel Movements: In general, most people are constipated for several days after surgery. If you find yourself in this situation, you are free to visit any pharmacy and browse the laxative aisle. Other patients have loose stool.

▢ Pain Control: I will send pain medicine to your pharmacy on the day of surgery. Narcotics are most effective for the first few days. After that, most patients find Tylenol or Motrin effective.

▢ Belly Button: Sometimes I need to place a stitch deep down to close where your gallbladder was removed. This incision may hurt more than the others and the area may bruise. This is all normal and will get better with time.

If you have any questions, please call the clinic at 979-977-3490