

Did your doctor tell you that you have developed an infection related to your surgery?

If YES, please call the Infection Prevention Control office at LWDH

(807) 468-9861 extension 2362

*Thank you for helping us ensure quality care.*

**Lake of the Woods District Hospital**

21 Sylvan Street

Kenora, Ontario

P9N 3W7

Telephone (807)468-9861

# **DISCHARGE INSTRUCTIONS**

## **OPEN CHOLECYSTECTOMY**

1. Consume a diet high in protein to promote healing. (if able to) If you feel uncomfortable, stay on clear fluids until the feeling passes. If nauseated, avoid milk products until settled.
2. Increase intake of fluid and fiber to avoid constipation. Laxatives may be used for constipation but please discuss this with your surgeon first.
3. **Do not lift anything heavier than 10 pounds** (6 kg) for 6 weeks or as otherwise directed by your doctor.
4. Avoid having a bath until steri-strips, staples and drainage tubes are removed. **You may shower.** When showering, avoid *saturating* the incision with water while steri-strips are in place. Pat the incision dry. Avoid using soaps, powders and lotions. If there are drainage tubes in place, they should be covered with a waterproof dressing prior to showering. Remove the waterproof dressing after shower and apply a dry dressing. (With drainage tubes in place, sponge bathing is preferred.)
5. If you have steri-strips along your incision, they can be removed in one (1) week.
6. Resume medications as before your procedure unless otherwise advised.
7. Resume normal activity as tolerated and as directed.
8. Take your prescribed pain medication as directed for discomfort.
9. Your physician will advise you when you may return to work.
10. If your drainage tube(s) cannot be removed prior to your discharge; it will be important to empty, measure and record volumes as instructed.
11. If you require dressing changes for your wound or assistance with drainage tubes, please ask the staff about resources and assistance that may be available (e.g. Home Care, Ambulatory Day Clinic)

12. **If you have been given anesthesia or sedation;**
  - Do not drive or operate machinery for 24 hours.
  - Do not make important decisions or sign any important documents in the next 24 hours. Do not plan any activities that require complex thought or coordination for 24 hours.
  - Do not consume alcohol, tranquilizers or sleeping medications for the next 24 hours.
  - Sedative and narcotic medicines given during a surgical procedure may linger for hours. You may feel dizzy for several hours afterwards.
  - **You must have an adult with you tonight at home.**
13. **Go to an Emergency Department** if any of the following occurs:
  - Excessive pain not relieved by medications.
  - Unusual bleeding
  - Redness, swelling or drainage of pus from incision
  - Elevated temperature (over 38°C or 100°F)
  - Persistent nausea or vomiting not relieved by over the counter medications.
  - Bladder difficulties
14. Make an appointment to see Dr. \_\_\_\_\_  
 in \_\_\_\_\_ Phone number \_\_\_\_\_

**If you have any questions,  
do not hesitate to call your doctor.**

Special Instructions:

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