

SURGICAL SPECIALIST OF PLANO  
4001 W. 15<sup>TH</sup>, SUITE 180  
PLANO, TEXAS 75093  
PHONE: 972-596-5225  
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## LAPAROSCOPIC CHOLECYSTECTOMY

### POST OPERATIVE INSTRUCTIONS

1. You may resume a regular diet beginning 24 hours following surgery.
2. You may resume showers beginning 24 hours after surgery; tub baths or hot tubs may resume after one week.
3. You may resume driving a car after 72 hours following surgery **if you are no longer taking narcotic pain medication.**
4. PLEASE take your pain medication as PRESCRIBED and **REMEMBER: NO ASPIRIN.**
5. You may be up and about within your own tolerance limits beginning the day after your surgery.
6. You may experience some discomfort in your right neck/shoulder area during the first 24-48 hours after surgery. Do not be alarmed....these symptom usually disappear within 72 hours.
7. Keep each small incision covered with a fresh Band-Aid daily for 3-4 days.
8. You have skin stitches that require removal later. This will be done at your follow up office visit.
9. Please call the office to arrange an appointment for 1 week following surgery if one has not already been made.

If you have any questions please call the office at 972-596-5225

JAMES HUDGINS, M.D.