

## **DISCHARGE INSTRUCTIONS**

### **LAPAROSCOPIC CHOLECYSTECTOMY (GALL BLADDER SURGERY)**

**PATIENT NAME:** \_\_\_\_\_

**SURGEON:** \_\_\_\_\_

**DATE OF SURGERY:** \_\_\_\_\_

#### **PAIN MEDICATION**

1. You will be given a prescription for pain medication.
2. This medication may be constipating so:
  - a. Be sure to eat plenty of fresh fruit, vegetables and fluids.
  - b. If you become constipated, over the counter stool softeners or a mild laxative such as milk of magnesia can be taken.
3. **DO NOT DRIVE** while taking the prescription pain medication.
4. When the pain decreases you can change to **EXTRA STRENGTH TYLENOL** or **ADVIL** for pain relief.
5. If you experience nausea and vomiting after taking the pain medication:
  - a. Stop taking the pain medication and try **EXTRA STRENGTH TYLENOL** or **ADVIL** or call the doctor for another prescription pain medication.
5. If you experience nausea and vomiting not associated with the pain medication:
  - a. Maintain your diet on clear liquids.
  - b. If the nausea and vomiting becomes persistent, call the doctor's office at 610-647-3077.

#### **ACTIVITY**

1. No vigorous activity or heavy lifting until your post operative visit with your surgeon.
2. Ambulate as frequently as tolerated.

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**DRESSINGS**

You may shower the day after discharge. The clear plastic dressing and gauze pad should be removed 2 to 3 days after discharge. There will be steri-strips underneath the gauze which will eventually curl and fall off on their own, usually in 5 to 10 days.

**CALL THE DOCTOR IF YOU EXPERIENCE:**

1. Unusual discharge from the incision.
2. A temperature over 101 degrees.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

CALL 610-647-3077 TO SCHEDULE A FOLLOW UP APPOINTMENT FOR 10 TO 14 DAYS FOLLOWING DISCHARGE FROM THE HOSPITAL.

*This information is provided solely to those patients specifically under the care of Dr. Fox, Dr. Fried and Dr. Kripke of Surgical Specialists, P. C. and is not meant to be construed or distributed as public information.*