

DISCHARGE INSTRUCTIONS AFTER GALLBLADDER REMOVAL

Follow-up:

Please call 303-788-7700 to make a follow-up appointment with Kate Freeman, NP for about 2 weeks.

Diet:

You may resume a regular diet as soon as you wish. If certain foods upset you at first, e.g. fatty or spicy foods, avoid them for a few days to a month, then try them again.

Narcotics will sometimes lead to constipation & this may be treated with over the counter stool softeners such as Colace, or with Milk of Magnesia or Dialose Plus as directed on the container.

If you are having persistent diarrhea of two days duration or more, call the office, as it may need medical intervention or therapy.

Specific diet: _____

Activity:

While you are on narcotic pain medicines (e.g., Percocet), avoid driving.

You may resume normal activity as soon as you are up to it.

Incision:

Your incision will hurt less if you keep ice on it. Your skin has been sealed with surgical glue. You may shower, bathe, and wash the incision gently. Do not apply lotion to the glue. The glue will peel off in 2-3 wks. Cover with a gauze if there is any seepage.

Pain Medication & Medication Reconciliation:

You have been given a prescription for pain medication. Fill this if needed and use as directed, one to two tablets every four hours (roughly) as needed for pain, maximum 10 tablets /day. When you no longer need the narcotic medicine, try using Tylenol, 600 to 1000 mg, up to 3000 mg a day, for pain. Plan accordingly as pain medication cannot be refilled on weekends or after hours in most situations. You may call for refills 9-5 M-F at 303-788-7700.

You may resume your prior medicines upon return home. **You may have been given a sheet that reviews your medications upon discharge from the hospital. Unless we have specifically informed you of any changes, if there are questions about your usual medications we ask that you review these with the provider that prescribed the medication.**

Call for:

1. Bloody or purulent drainage from your incision that requires you to change a gauze pad, esp. more than twice daily.
2. Increasingly tender or red edges to the wound.
3. Fevers to more than 101 ° F, or with chills.
4. Diarrhea of 2 days or more duration.
5. Persistent burning or difficulty urinating.
6. Unusual chest pain or leg pain.
7. If you have questions about anything else, please call and we will be happy to help you.

Other:

For non-urgent questions, you may email Kate at kate@sofisite.com Please allow 24-48 hours for response

Patient Signature

Date

Provider Signature

Date

Patient Label