

MISSION AMBULATORY SURGICENTER

DISCHARGE INSTRUCTIONS FOR PATIENTS OF DR. JOHN SHAVER

FOLLOWING LAPAROSCOPIC CHOLECYSTECTOMY

OFFICE APPOINTMENT: Please call Dr. Shaver's office at (949) 364 -1007 before your surgery date to schedule a follow-up appointment. You should be seen in the office within 7-10 days following your surgery.

MEDICATIONS: Please fill your prescriptions as soon as possible and take the medications as they have been prescribed. If you have any questions concerning your prescribed medications or need refills, please call Dr. Shaver's office during office hours.

The medications checked below have been prescribed by Dr. Shaver to meet your specific needs:

Laxative/stool softener:

- Colace: Take 1 tablet (200mg) twice a day to prevent constipation.
- Pericolace: Take 1 tablet (200 mg) twice a day to prevent constipation.

Analgesic/Pain Control Medication:

- Vicodin: Take 1 to 2 tablets every 4 hours for pain.
- Darvocet: Take 1 to 2 tablets every 4 hours for pain.
- Tylenol with Codeine: Take 1 to 2 tablets every 4 hours for pain.
- Percocet: Take 1 to 2 tablets every 4 to 6 hours for pain.

ABOUT YOUR SURGERY: Your surgery has been performed through four small incisions, which will be tender and, to some degree, uncomfortable for up to one month. The pain will diminish slowly. There may also be some redness along the incision line for up to six months. If you observe excessive redness along or around the incision line, or if the wound is unusually tender or painful, please call Dr. Shaver's office during office hours.

CARE OF YOUR INCISION Your incision is covered by "steri-strips" and/or a clear plastic dressing. You may shower and get the steri-strips and plastic dressings wet without doing any harm if you wait 24 hours following your surgery. *Please do not bathe in a bathtub.*

If you have a drain in your incision, please keep the area dry until Dr. Shaver instructs you that you may get the area wet.

ABOUT YOUR DIET You may experience gas pains while your digestive system is recovering from the surgery. During this time you may prefer to eat bland foods before resuming your normal diet.

PLACE PATIENT LABEL HERE