

Surgical Associates of Fredericksburg
(540) 373-2244

DISCHARGE INSTRUCTIONS LAPAROSCOPIC CHOLECYSTECTOMY/APPENDECTOMY

Medications:

1. Resume all regular medications that you were taking prior to surgery.
2. Percocet has been prescribed for pain. You may take one tablet every 4 hours if necessary for pain.
3. You may take Motrin or Advil 600mg three times a day, alternating with Percocet.
4. Percocet will cause constipation. To prevent constipation you should take a stool softener such as Citrucel, Colace, Metamucil, or Surfak daily while you are taking Percocet. These are available over the counter.

Wound Care:

- Your incision is covered with tapes called steri-strips. These serve as both a dressing and a replacement for skin stitches. They should remain in place until you return to my office. You may shower but do not soak tapes (no tub baths or swimming). The tapes will stick well even if they get damp. Do not worry if the tapes curl a little around the edges. Notify me if you develop redness, drainage, or signs of infection such as fever or chills, v
- Your incision is covered with derma bond skin glue. You may shower within 24 hours of surgery. Do not worry if the glue begins to peel.

Diet:

Resume your regular diet. Loose bowel movements and cramps soon after eating are not uncommon after gallbladder surgery. These episodes usually stop in a few days but may rarely last for weeks.

Activity:

Do not lift anything heavier than 15 pounds for 2 weeks as well as strain, pull, or tug. Do not drive or operate machinery for 1 week and until you are no longer taking Percocet, but you may ride. Walking is good exercise and is encouraged. It is OK to climb stairs. You may resume sexual intercourse whenever your incisions feel comfortable enough. You should expect to tire easily for a few days, then back to your normal stamina.

Follow-up Appointment:

Please call our office (540) 373-2244 and make an appointment for about two weeks from your date of surgery, if one has not already been made for you prior to discharge from the surgery center/hospital. If you have problems before your appointment time, you can reach me or one of my associates at any time by calling the office number.