



Oakland Office
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Oakland, CA
Ph#: 1-510-465-5523
Fax#: 1-510-832-6061

Hayward Office
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Hayward, CA 94544
Ph#: 1-510-732-5731
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Alameda Office
2111 Whitehall Place, #B
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Ph#: 1-510-865-4951
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Bariatrics Office
3100 Summit St., #2600
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Ph#: 1-510-869-8972
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Berkeley Office
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Ph#: 1-510-486-0818
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Chinatown Office
388 9th St., #218B
Oakland, CA 94607
Ph#: 1-510-839-0298
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LAPAROSCOPIC CHOLECYSTECTOMY DISCHARGE INSTRUCTIONS

Pain Management: By the time you're ready to go home, you can expect that your discomfort can be easily relieved with oral medication such as Vicodin, plain Tylenol or Motrin. Your discomfort may be experienced as bloating or fullness in the abdomen, pain referred to your shoulders (particularly your right shoulder), and some tenderness or soreness in the rib area. If your pain is not controlled by medication, please give us a call.

Diet: In general patients have been most comfortable starting out with clear liquids (tea, broth, Jell-O, popsicles and ginger-ale). Within several hours of surgery, you will be able to take more substantial food. If you are experiencing nausea, starting out "light" on your diet and advancing to your usual diet as soon as you feel able will help minimize this problem. If you are taking prescription pain medicines or Motrin, the nausea may be related to taking those medicines on an empty stomach. If you have nausea which seems severe or does not resolve--give us a call.

Temperature Elevation: It would not be unusual for you to have a mild temperature elevation (up to 100 degrees) for a few days after surgery. Do not hesitate to call if your fever goes above 101 degrees.

Wound Care/Showering: You will have Band-Aids or possibly a small piece of gauze over each small incision site. A small amount of bloody drainage on the dressings is not unusual. Beneath the dressings, you will probably also have Steri-Strips (they look like white reinforcement tape). After 24 hours you may remove the dressings, leave the steri strips on and shower. The Steri-Strips should be left on until they start coming off on their own or until your doctor removes them in the office.

Bowel/Bladder: Prescription pain medication tends to contribute to constipation. In general, increased fluid intake and eating foods high in roughage (such as bran, salads, vegetables and fruits) will be adequate to prevent constipation. If you feel it would be helpful, you may use a gentle laxative such as Milk of Magnesia or a product such as Metamucil. Call us if you feel constipation is an unresolved problem.



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Activity: You may resume non-strenuous activity as soon as you want. You should be able to return to most occupations in about a week to 10 days. The doctor will advise you about resumption of activities at your post-operative visit. Strenuous activity (such as aerobics, jogging, heavy housework and gardening) can usually be resumed in about two weeks to one month.

Follow up: You will need to see your surgeon again in 7-10 days. Prior to discharge, if an appointment has not already been made, you need to call the office as soon as possible and make one.