

Follow Up Appointment

Make an appointment to see your surgeon in _____ weeks.

Notify your surgeon if you develop:

- **increasing** abdominal pain
- **increased** swelling in an incision
- **excessive** redness on or around an incision
- **increasing** drainage from an incision
- **a fever** of of 38.5° C or 101° F or higher

Notes:

- Dr. Crowley (250) 545-6443
- Dr. H. Hwang (250) 545.2288
- Dr. Demetrick (250) 545.6443
- Dr. G. Hwang (250) 545-6443
- Dr. Ainslie (250) 545.6443
- Dr. Wiseman (250) 545.6443
- Dr. Langer (250) 545.6443

Healthlink BC

Dial 8-1-1
Hearing Impaired Dial 7-1-1
Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m. - 9 a.m. daily
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday
www.healthlinkbc.ca



Interior Health

Discharge Information following Laparoscopic Gallbladder

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

If you have any questions or concerns, please discuss them with a nurse.

If you have had a daycare surgery, you **must** be accompanied home by a responsible adult. You are **not allowed** to drive. If you take a taxi home, an adult must be with you.

If you have had a general anesthetic, a responsible adult **must** stay with you after your surgery and overnight.

You **must not** drive or operate heavy machinery for at least 24 hours following anesthetic.

Do not drink alcohol for 24 hours following surgery as it will increase the effect of the anesthetic. **Do not** drink alcohol while taking narcotics for pain control.

Follow the instructions given to you by your Doctor. Take medication for pain as ordered.

Discomfort

It is normal to experience some bloating of your abdomen and right shoulder discomfort after this surgery.

Your surgeon will give you a prescription for pain medication. Take the medication as needed so you can move about more easily.

It is easier to get out of bed by rolling to one side.

Elimination

Pain medications can cause temporary changes in bowel habits. You should have a bowel movement within 3 days of surgery. If you have not had a bowel movement, take 1 ounce of a mild laxative such as Magnolax.

Activity

Do not lift, push or pull anything that requires an effort for 2 weeks. The rule is—if it hurts, don't do it!

Walk several times a day. Increase the distance to gradually regain your strength and fitness.

Nutrition

Drink plenty of fluids and eat soft foods such as soups, custards and ice cream. Do not eat solid foods until you have passed gas per rectum. Once you have passed gas, you may eat a normal diet.

Gradually introduce into your diet the foods which caused distress prior to the surgery. If you find a food which still causes discomfort, leave it out of your diet a while longer and then try again.

Post-op wound care

Dr. G. Hwang: leave dressing undisturbed until office visit in 7 days. May shower as desired.

Dr. Langer/Dr. Ainslie/Dr. H. Hwang: no shower for 2–3 days, then remove dressing, shower, pat wound dry and leave open to air. Dr. Ainslie's patients remove steri-strips on day seven.

Drs. K. Wiseman/Demetrick: Leave dressing on for 2–3 days, then remove outer part of dressing(s), leave steristrips on until they fall off.

Dr. J. Crowley: Leave dressing in place and keep dry for 3 days, then remove and have a shower. Pat dry and then may leave open to air.

You may have a small amount of bruising around the incisions, this is normal.