



# WEST COAST SURGICAL SPECIALISTS, INC.

## Gallbladder Discharge Instructions

### PAIN MEDICATION

1. You will be given a prescription for pain medication.
  - a. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like, Extra Strength Tylenol for pain relief.
3. If you experience nausea and vomiting not associated with the pain medication: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

### DRIVING

1. Do not drive until recommended.
2. Do not drive while taking the prescription pain medication.

### DRESSINGS

1. You may shower over the dressing. Pat dry.
2. **On DAY 3**, you may remove the dressing and continue showering.
3. **On DAY 7**, you may remove the Steri-Strips.

### ACTIVITY

1. Keep activity light. No lifting over 10 lbs. You may walk outside or upstairs.

### DIET

1. Remain on clear liquids for the **first 24-36 hours**, then advance slowly to a **Low Fat Diet**.

### CALL THE DOCTOR IF YOU EXPERIENCE:

1. Unusual discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call **(951) 894-5167** to schedule a follow-up appointment.