

General Medical Center

500 University Avenue, Palo Alto, CA 94301

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PATIENT DISCHARGE SUMMARY

Patient Name:

Nguyen Thi Lan

Date of Birth:

11/03/1988

MRN:

GMC-2026-44821

Admission Date:

01/28/2026

Discharge Date:

01/30/2026

Attending Physician:

Dr. Mark Williams, MD (General Surgery)

Primary Language:

Vietnamese

Discharge Disposition:

Home with family

PRINCIPAL DIAGNOSIS

Post-operative status following Laparoscopic Appendectomy for Acute Appendicitis without perforation. Surgery completed successfully with no intraoperative complications.

SECONDARY DIAGNOSES

- Mild dehydration on admission
- Leukocytosis (resolved)

HOSPITAL COURSE

Patient presented to the ED with 24 hours of RLQ abdominal pain, nausea, and low-grade fever. CT abdomen confirmed acute appendicitis without perforation. Patient underwent laparoscopic appendectomy under general anesthesia. Post-operatively, patient had minimal pain controlled with oral medications, tolerated diet, and ambulated without difficulty. Discharged on POD 2.

DISCHARGE MEDICATIONS

- Oxycodone/Acetaminophen 5/325 mg - Take 1-2 tablets every 4-6 hours as needed for severe pain.
- Docusate Sodium 100 mg - Take by mouth twice daily as stool softener while on narcotics.
- Ibuprofen 600 mg - Take by mouth every 8 hours as needed for mild to moderate pain.

FOLLOW-UP APPOINTMENTS

- Surgery Clinic: Dr. Mark Williams - February 10, 2026 at 10:30 AM - Surgical Associates, Suite 200 - Wound check and staple removal

DAILY SELF-CARE INSTRUCTIONS

- Keep incisions clean and dry for 48 hours.
- Showering is permitted after 48 hours; do not soak in bath or pool for 2 weeks.
- No heavy lifting greater than 10 pounds for 4 weeks.
- Walk regularly to prevent blood clots and promote healing.
- You may resume normal diet as tolerated.

WARNING SIGNS - SEEK IMMEDIATE MEDICAL ATTENTION

- n Fever greater than 101°F (38.5°C)
- n Expanding redness or warmth around incision sites
- n Pus or foul-smelling drainage from incisions
- n Persistent nausea or vomiting
- n Severe abdominal pain not relieved by prescribed medications