

## Patient information

# Laparoscopic Cholecystectomy Aftercare

## General Surgery

During your Laparoscopic (keyhole) Cholecystectomy, you had your gall bladder removed through a tiny incision (cut) at your navel. Three other small incisions were made on your abdomen (tummy) to help the surgeon to free your gall bladder to remove it. These three puncture wounds are normally very tiny, needing only one suture (stitch) or no sutures, therefore reducing the amount of scarring on your abdomen.

### Postoperative signs and symptoms

After your gall bladder is removed you may have some discomfort at your navel and mild shoulder pain for up to one week (this is because carbon dioxide is used for the procedure in order for the surgeon to get a better view of your gall bladder).

It is important to take your pain relief regularly as prescribed. We will give you a supply of painkillers before you leave. Contact your family doctor (GP) for advice on pain relief if necessary.

If you have pain in the right side of your body or are finding it difficult to get about, please contact your GP.

### Going Home

The doctor will discharge you on the same day of your operation (usually between six to eight hours after your surgery) but you cannot leave until:

- You have had something to eat and drink.
- You have passed urine.
- The nursing staff are satisfied with your wound.

If you are discharged on the day of your operation, **you must have a friend or relative to take you home and have a responsible adult to stay with you for 24 hours.**

### For next 24 hours you must not

- Travel alone
- Drive any vehicle e.g. car, scooter or ride a motorcycle or bicycle
- Operate machinery (including domestic appliances such as a kettle)
- Climb ladders

- Make important decisions, sign any business or legal documents
- Drink alcohol
- Return to work within 12 hours of treatment. Your general health and any medicines you are taking may increase the time you need off work.

### You **should**

- Take it easy for the rest of the day, avoid strenuous activity.
- Take your medications as usual.
- Let someone else care for anyone you usually look after, such as children or elderly or sick relatives.

### Your wound

- Some surgeons use clips (metal staples) or sutures (stitches) that will need to be removed while others use dissolvable sutures. If you have clips or sutures that need removing, this will be arranged with you before you are discharged. If you have dissolvable sutures, skin glue will often be applied over the wound which should fall off naturally within a week or two.
- The dressings/skin glue you have on are waterproof and can stay in place for five days.
- You can shower 24 hours after your surgery, we do not advise you to have a bath as this may cause the dressings to fall off.
- While your wound is healing, you may experience numbness, tingling or itchiness. These are a normal part of the healing process.
- If your wound becomes red, painful or is leaking please contact your GP.
- If you are worried about your wound or have any questions, please contact your GP.

The nursing staff will arrange any necessary follow-up care prior to your discharge

### Getting back to normal

- Eat a normal well balanced diet and drink plenty of fluids i.e. water/juices.
- Take short walks and gradually increase as you can tolerate.
- It is normal to feel more tired than usual for a few weeks after having an operation. This will pass. Have regular rests during the first few days after your operation.

Do not drive or try strenuous activity until fully comfortable – this is usually about seven to ten days following surgery.

### Returning to work

You can return to work two weeks after your surgery if you feel comfortable. A medical certificate (sick note) may be given by your hospital doctor to cover the expected time off you will need.

## **Further Appointments**

If needed, you will be given a follow-up appointment before you leave the unit. This will usually be a telephone appointment six to eight weeks following your surgery.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information**

**If you need any further advice, please contact one of the following:**

**Your GP Surgery or attend a Walk-in Centre**

**Broadgreen Day Case Unit**

**Tel: 0151 282 6842/6743.**

**Text phone number: 18001 0151 282 6842/6743.**

**ESAU**

**Tel: 0151 706 2082**

**Text phone number: 18001 0151 706 2082**

**NHS 111 Service**

**Tel: 111**

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