



LAPAROSCOPIC CHOLECYSTECTOMY

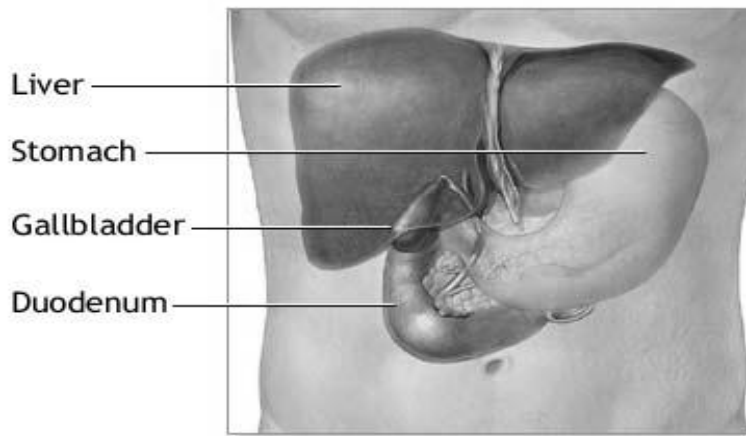
Date of Surgery _____

Please bring this booklet the day of your surgery.

QHC#390

What is Laparoscopic Cholecystectomy?

A Laparoscopic Cholecystectomy is the removal of the gallbladder. Four small incisions are made in the abdomen. Carbon dioxide (a harmless gas) is put into the abdomen through one of the incisions to make the abdomen rise and to make surgical viewing easier. A small camera (laparoscope) is inserted through one of the incisions to view your abdomen and then the gallbladder is removed through the other incisions.



Day of Surgery

Arrive at the hospital at your instructed time. Proceed to Day Surgery where surgical patients are prepared for surgery. From Day Surgery you will be taken to the operating room. Following your surgery you will be taken to the recovery room and observed. When stable and comfortable you will be returned to Day Surgery. You can expect to be discharged 2 to 3 hours after your surgery or once discharge criteria is met.

After Surgery at Home

Pain medication may be required to relieve incision and/or shoulder (from the gas in abdomen) discomfort. Your surgeon will give you a prescription to be filled at a pharmacy of your choice. Remember that some prescription drugs can make you constipated. Avoid constipation to prevent straining; a mild laxative might be required. Some patients find mild non-prescription drugs offer enough pain relief ex: Advil, Motrin, Tylenol #1 or Tylenol (regular or extra strength).

Nausea, vomiting, dizziness may be experienced for 24 hours after your surgery. You may obtain an anti-nausea medication at any pharmacy without a prescription, e.g. Gravol (oral or suppository) or Bonamine (chewable tablet) to relieve these symptoms.

Incisions should be kept clean and dry for the first day after your operation. Then you can shower and bathe as usual. If the tapes fall off your wound, don't worry. If they have not fallen off in one week, then remove them yourself. Your stitches are hidden under the skin and will go away on their own.

Diet is as tolerated. The first 24 hours you may want only fluids and maybe some toast or crackers. Extra fluids are advised if tolerated.

Rest when you get home. Limit activities for 24 hours. You may wear your seatbelt immediately after discharge. You may return to work as early as 7-10 days but ask your surgeon when you can do heavy work or sports.

After Surgery at Home

Coughing and deep breathing every hour, while awake, will help keep your lungs clear. Holding a pillow against your abdomen for support will make coughing more comfortable. Walking will improve your breathing. It will also help circulate blood through your body and help prevent blood clots in your legs.



Call your doctor or go to the nearest Hospital Emergency Department if you experience:

- A fever
- Pain not controlled by your prescribed pain medication
- Inability to pass urine
- Nausea/and or vomiting that lasts longer than 24 hours
- Excessive bleeding, swelling, or drainage from your wound

Appointment

Call your surgeon's office the next working day to see if you need a follow up appointment.

Special Instructions

Questions

Developed By: Surgical Services, 2003

Approved By: Department of Surgery, Quinte Health Care

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