

## Patient information

# Cholecystectomy

## Cholecystectomy what is it?

This operation involves the removal of your gallbladder to treat the symptoms caused by gallstones.

## Laparoscopic 'keyhole' surgery

Is a technique where a fine telescope called a Laparoscope is inserted into the abdomen through 'keyhole' incisions and the gallbladder removal is carried out by using a camera and video system. You will usually have 4 small scars where the laparoscope and instruments have been inserted.

## Following your surgery

- You will have been given painkilling medication during the operation.
- Your wounds will be covered with dressings or skin glue.
- Occasionally residual gas from the surgery can cause discomfort around your shoulders, this will gradually subside.

All of the above will be checked at regular intervals by the ward nurses and you will be given further treatment as appropriate.

## Post-operative discharge advice

- Your stitches are dissolvable and do not need to be removed.
- Steristrips will fall away in 7-10 days. If not you can gently remove them.

- Skin glue will fall away in 7-10 days. Do not pick or rub it off but allow it to come away naturally.
- Unless instructed otherwise, after your discharge please leave your dressings on for 48 hours and keep them clean and dry. It is quite normal for some bruising to appear around the sites.
- You may have a daily bath or shower but avoid soaking the dressings.
- You may experience some moderate pain. This can be relieved by taking painkillers and on discharge you may be given 3-5 days supply to take home, which can be taken as prescribed. It is recommended to have a supply of paracetamol and ibuprofen at home.
- One of the side effects of painkillers can be constipation. It is important you do not strain and to help prevent this we encourage you to eat a balanced diet including fresh fruit and vegetables and drink plenty of fluids. If you are still experiencing problems, your local pharmacy will advise on any short-term medication.
- You may eat a normal diet after having your gallbladder removed.
- Gentle exercise is recommended initially, after 2-3 day you should be mobilising normally. Initially, you are advised to avoid any heavy lifting, contact sports or sexual activity for at least 2 weeks.
- You may drive when you can safely perform an emergency stop, turn around and reverse safely.

Special instructions .....

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Return to work .....

If your surgery is straightforward you will not routinely return for a follow up appointment.

## Contact your GP or GP out-of-hours service if:

- You have severe pain.
- Your operation sites becomes increasingly swollen, red, hot and/or produces a discharge, you may have an infection.
- Bruising is severe.

If you require any further advice, please contact the Martin Corke Day Surgery Unit on 01284 713050 between 7.45am and 8.00pm, Monday to Friday.

Outside of these hours contact the surgical ward F5 on 01284 713262 and speak to the nurse in charge. Please have your hospital number on the discharge letter available.

Or

Ring NHS 111

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email [info.gov@wsh.nsh.uk](mailto:info.gov@wsh.nsh.uk). This will in no way affect the care or treatment you receive.

*If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>*



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