

Home Advice for patients who have undergone Laparoscopic Cholecystectomy



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NHS Foundation Trust

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Following your minor operation:

- Cholecystectomy is a major abdominal operation and a certain amount of post-operative pain occurs. Nausea and vomiting are common, rest and gently sip fluids until this passes.
- You will leave hospital on the same day following surgery, once liquids or a light diet is tolerated.
- Activity is dependent on how you feel. Walking is encouraged.
- You can have a shower or bath the next day. If you have any dressings they will be waterproof.
- You will probably be able to return to normal activities within a week, including driving, walking up stairs and light lifting.
- You can return to work within seven days of your surgery depending on the nature of your job. If you have an administrative or desk-based job, you could return within a few days. If you have a job which involves manual labour or heavy lifting, you may require more time off.
- Nursing staff will advise if any stitches need to be removed by GP. If they do not, you can assume they are dissolvable.

For 24 hours following your general, local or regional anaesthetic:

- Do not drive a motor vehicle, ride a bicycle or operate machinery.
- Do not lock the bathroom or toilet door.
- Do not make important decisions or sign documents.
- Do not drink alcohol.
- If there are any problems after you return home, please telephone your GP.

When to seek medical advice following surgery:

- Chest pain.
- Breathlessness.
- Pain that is getting worse rather than better in the days following surgery.
- Increased abdominal pain.
- High temperature.
- Localised swelling of a limb, which may be red and hot to touch.
- Reduced mobility.
- If you have any concerns regarding your wound like persistent bleeding, extensive swelling, or discharge, you should contact your GP or practice nurse for a wound review.
- Difficulty in passing urine

It is important following your surgery to remain as mobile as possible.

The Day Care Unit is open Monday to Friday from 0700 hours to 2200hrs, should you have any concerns following your discharge home please do not hesitate to contact us on 01493 452022 or 01493 452029. Out of these hours please contact 111 or if you feel it is an emergency attend your local A&E department.

Your Feedback

We want your visit to be as comfortable as possible - talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve it, then ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care.

Before leaving please complete a Friends and Family Test feedback card.

Help us transform NHS services and to support patient choice.

OUR VALUES

Collaboration

We work positively with others to achieve shared aims

Accountability

We act with professionalism and integrity, delivering what we commit to, embedding learning when things do not go to plan

Respect

We are anti-discriminatory, treating people fairly and creating a sense of belonging and pride

Empowerment

We speak out when things don't feel right, we are innovative and make changes to support continuous improvement

Support

We are compassionate, listen attentively and are kind to ourselves and each other



The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

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leaflet, contact PALS
01493 453240**