

Home advice for patients who have undergone Laparoscopic Cholecystectomy



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Following your minor operation:

It is important to remain mobile and hydrated after surgery to prevent blood clots.

- It is normal to have some pain after surgery and taking regular pain relief will help to keep you mobile. This pain should however get better with each passing day. Nausea and vomiting are common, rest and keep hydrated until this passes.
- Activity is dependent on how you feel, and you are encouraged to mobilise within the limits of your pain. Walking is encouraged.
- It is not unusual to experience pain like trapped wind under the shoulders and ribs for up to one week post-surgery. Peppermint tea and mobility can help with this.
- The dressing over your wound may be removed after 48 hours. You may then have a shower or quick bath. Additional waterproof dressings will be provided on discharge, and the nurse will inform you if there are any stitches to be removed.
- You may be given additional medication to reduce your risk of developing a blood clot. This will be decided by your surgical team before discharge home.
- It is advisable that you do not drive for approximately one week following surgery. Once you are free from pain and are able to sit in the driving position comfortably you should practise doing emergency stops with the engine off. You should check your insurance documentation to ensure you are covered to drive following your surgery.
- You may return to work within seven days of surgery depending on the nature of your job. Those working in jobs that involve heavy lifting or manual labour may need longer off (potentially up to four weeks).
- The surgical stockings are advised to be worn for at least one week or until you are fully mobile.

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.

For 24 hours following your general or local anaesthetic:

- Do not drive a car, ride a bicycle or operate machinery
- Do not lock the bathroom or toilet door
- Do not make important decisions or sign legal documents
- Do not drink alcohol
- If there are any issues after you return home, please contact your GP
- It is important following surgery to remain as mobile as possible

The Day Care Unit is open Monday to Friday from 07:00 to 22:00, if you have any concerns following your discharge home please do not hesitate to contact us on 01493 452029 or 01493 453006.

Out of these hours please contact NHS Direct on 111 or if you feel it is an emergency attend your local A&E department.

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/ department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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Responsive communication
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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.

For a large print version of this leaflet, contact PALS 01493 453240