



LAPAROSCOPIC CHOLECYSTECTOMY

Post Op Guidelines

Going home after laparoscopic cholecystectomy surgery

This discharge sheet provides you with important information for when you go home. Your doctor, nurse and other members of the health care team will also talk with you about the things you need to do when you go home.

This document should not replace the advice of your relevant health care professional.

You will need a follow up appointment. You will receive it either before you leave or AGORA will contact you. It is important that you attend this appointment.

Pain

You may get some pain or discomfort at your operation site. You will be given pain tablets to take at home. Follow the instructions given to you by the pharmacist. If very strong pain occurs, you need to see us.

Medications

Take your usual medications unless instructed by the pharmacist. You may also have some new medications added, which will be explained.

Eating and Drinking

Eat a healthy balanced high fibre diet following surgery. Drink plenty of water and fluids unless instructed by your health care team.

Operation site / Wound Dressing

Your operation site will be covered by waterproof dressings

Leave these dressings on for 3-4 days after surgery

Remove dressings and leave wound exposed, pat dry after showering. If your wound is oozing fluid after removal of the dressing, please contact us.

Do not soak in a bath, or swim for 14 days to ensure healing.

Stiches are generally dissolvable and do not need to be removed.

Use of lotions, creams, oils and ointments should only be used once the wound is fully healed.



Activities

Resting in bed and sitting up out of bed are important to your recovery. Short walks and rest periods are encouraged as you return to normal activity levels. As you feel better, increase the amount of exercise you do. Deep breathing and coughing exercises should continue at home. Your nurse or a physiotherapist can show you how to do these if you are unsure. No heavy lifting or strenuous activity for 4 – 6 weeks

Problem Solving

The following are symptoms that may occur for a few weeks after surgery:

- Tiredness
- Some pain to the operation site
- Shoulder and other muscular pain
- Sore throat

If these symptoms are persistent, or you experience any of the following, please contact us or local emergency department:

- High temperature
- Excessive bleeding
- Leaking of fluid from the dressing(s)
- Operation site that is red and the area is hot to touch
- Ongoing severe pain
- Unable to pass urine
- Constipation
- Calf pain

If you experience any severe difficulty in breathing – please call an ambulance on 000 or go to your nearest Emergency Department.