

Following your laparoscopic cholecystectomy

You have had a laparoscopic cholecystectomy, which means that your gall bladder has been removed. This has been achieved through _____ small incisions in your abdomen. This leaflet gives you information on what to do and what to expect after your procedure.

Wound

Your incisions have been closed with tape and/or dissolvable stitches. If you have clear waterproof dressings in place, these can be removed in 5-7 days; the wound can then be left exposed.

Hygiene

You may shower after 48hrs but do not over soak the wounds as this may keep the wound wet, encouraging bacteria to enter.

Pain

It is normal to experience some discomfort in the abdomen and/or shoulder pain. This is due to residual gas used during the procedure. This will settle within 24 hours. It is advisable to take the pain killers you are sent home with as advised on discharge.

Diet

You may now return to eating a normal diet.

Exercise/Work

Gentle exercise such as walking will aid recovery but avoid heavy lifting for _____ and sports activities for _____

You can resume work in _____

Driving

You can commence driving when you are not in any discomfort and can perform an emergency stop safely.



As with all surgery there are risks. If you experience any of the following please contact your GP

- Increased pain.
- Wound area red, hot and painful to touch.
- Fluid leaking from the wounds.
- Gaping wound.

It is not necessary to return for routine follow up. If you experience any problems following discharge from Hospital, please contact your GP or NHS 111 Service.

References

Gurusamy KS, Junnarkar S, Farouk M, Davidson BR. Day-case versus overnight stay in laparoscopic cholecystectomy. [Cochrane Database of Systematic Reviews](#) 2008, Issue 1.

Keus F, de Jong JAF, Gooszen HG, van Laarhoven CJHM. Laparoscopic versus open cholecystectomy for patients with symptomatic cholelithiasis. [Cochrane Database of Systematic Reviews](#) 2006, Issue 4.

NHS Constitution. Information on your rights and responsibilities. Available at www.nhs.uk/aboutnhs/constitution

If you or the individual you are caring for need support reading this leaflet please ask a member of staff for advice.