



KINGSTON HOSPITAL NHS TRUST

DAY SURGERY UNIT

INFORMATION SHEET FOR LAPAROSCOPIC CHOLECYSTECTOMY

About the operation

Your gallbladder operation has been scheduled on a daycase basis. This is normally possible in fit patients, but you must be prepared to stay overnight in case the operation is longer than anticipated. Please bring an overnight bag with you.

The gallbladder operation is performed through three or four very small incisions at the umbilicus, below the breastbone, and on the right hand side of the abdomen. The gallbladder is removed through the umbilicus, and the incisions are closed with stitches under the skin that do not have to be removed.

Before the Operation

There are no special preparations for this operation. You can lead a normal life on the day before surgery, but you must not have anything to eat or drink after midnight on the operation day.

Day of Operation.

You will stay in the ward for approximately 4 hours to recover from surgery. When you go home, go to bed and rest until the next morning.

You will be given a drink and a biscuit before returning home. You may drink normally and have a light snack on the evening of the operation if you wish, but you probably won't be hungry until the next day. Do not drink alcohol whilst you are taking painkillers or for the first 48 hours after your operation.

Take the painkilling tablets as prescribed for the first 48 hours, and then as needed after that.

There may be some pain or discomfort in your neck and shoulders; this is due to the carbon dioxide gas put into the abdomen during the operation. This will disappear within two days.

The next day

Get up and walk at least twice during the day.

You may drink freely, and eat light meals if you wish. If you do not feel hungry there is no need to eat, but drink plenty of fluids.

Continue to take painkillers regularly.

Continued overleaf

Following days

You may eat and drink what you wish, but avoid heavy meals for a week.

You may feel tired or run down for 2 - 10 days, but as soon as you feel well there is no limitation on what you may do.

You may shower or take a short bath after 48 hours. The wound dressings should then be taken off and the wound left exposed. The sticky paper strips should be peeled off in the bath after a week. It does not matter if they come off sooner.

Driving, work, sexual activity and sports may all be continued as soon as you are comfortable but contact sports e.g. squash and football should be avoided for 3 - 4 weeks.

IF YOU HAVE ANY PROBLEMS FOLLOWING YOUR OPERATION:

CONTACT THE DAY SURGERY UNIT ADVICE LINE:

Monday – Friday 8:00am – 7:30pm 020 8541 5370

Evenings & Weekends: Mobile No: 07850 913965

OR: Contact your GP

OR: Come to Accident & Emergency Department