

AFTER YOUR LAPAROSCOPIC CHOLECYSTECTOMY

POST-OP:

After a short time in the recovery ward you will be back in your room, possibly still with an IV drip attached.

You will be offered sips of water initially to ensure you don't become nauseated, and once you are tolerating liquids well you will be offered a light diet. If nausea is a problem you will be given medication.

You will have some elastic compression stockings on and should continue to wear these for 2 or 3 days post-op until you are fully mobile. These lessen the risk of developing blood clots.

You should get up to the toilet as soon as you are able, as moving around lessens complications such as blood clots and chest infections. You will be encouraged to do deep breathing exercises (smoking is discouraged).

You will normally remain in hospital overnight.

PAIN:

You will be given pain relief medication. This is most effective taken regularly, rather than waiting until pain builds up.

Sometimes a combination of pain medication is advised.

If you have what you consider to be excessive pain, despite taking pain relief, contact our Rooms, or your surgeon on 961 6666.

WOUND CARE:

The small incisions have mesh dressings on them that can be left on for 7 days, but may be removed and left exposed before this if it leaks or lifts off.

If you have stitches, this will be discussed with you (normally the stitches are dissolving)

It is common to experience some tenderness, swelling or bruising around these sites.

DIET:

For the first 24 hours after surgery food and fluids as tolerated. You will probably find that you only feel like small meals.

Ensure your diet includes high fibre/fruit and vegetables to ensure you don't become constipated. If constipation could be a problem we would recommend that you take a mild laxative for example Metamucil, or lactulose. Start this a few days before the operation so you have time to judge its effect.

ACTIVITIES:

After your return home, you can usually resume most normal activities in three to five days. You can help yourself recover quickly and comfortably by observing the following for the next week.

- No heavy lifting
- No vigorous exercise

The effects of anaesthetic may be felt for up to 24 hours and during this time you should **not**

- Drive a car
- Make important decisions
- Drink alcohol
- Sign important documents
- Operate machinery

PROBLEMS:

Please notify your surgeon if any of the following occur:

- Excessive bleeding (initially apply firm pressure to the area for 15-20 minutes)
- Excessive swelling
- Fever and / or chills
- Increasing pain or redness around a wound

FOLLOW UP:

Please make a follow-up appointment with your surgeon in about one week when you are home from hospital - if this has not already been arranged.

DIETARY INFORMATION FOR GALLBLADDER DISEASE BEFORE AND AFTER SURGERY

Foods or meals too high in fat may cause pain so try to limit or avoid eating large amounts of the following foods:

- Full fat dairy products like homogenised or standard milk, cream, sour cream, high fat cheeses e.g. cream cheese, mild, colby, medium and tasty cheeses
- Butter, margarine and vegetable oils
- Fried foods and takeaway foods
- Coconut cream and ice cream
- Snack foods like potato crisps, corn chips and roasted nuts
- Fatty meats like sausages, salami and fatty cuts of meat
- Pastries such as pies, sausage rolls and quiche
- Large meat servings

A high fibre diet may reduce the risk of gallstone formation. Foods high in fibre are wholemeal bread, breakfast cereals, fresh fruit and vegetables. Read the bread label and aim for a fibre content more than 6gm fibre per 100gm.

If you have had your gall bladder removed (Cholecystectomy) resume eating slowly. Start with a light diet and slowly progress to a normal diet that is low in fat.

Last reviewed March 2015

The Endoscopy Clinic

Level 1, 9 Caledonian Road, Christchurch 8013

P: (03) 961 6666

E: info@endoscopyclinic.co.nz

