

## Advice following Laparoscopic Cholecystectomy

For the first 24 hours after your general anaesthetic:

- Do not lock the bathroom door, or make yourself inaccessible to the person looking after you
- Do not make any important decisions or sign any important documents
- Do not operate any machinery or appliances such as a kettle, cooker, etc
- Do not drive a car, other vehicle or ride a bicycle
- Avoid alcohol and smoking
- Rest, drink plenty of fluid and eat small meals or snacks

If you experience severe pain, nausea or vomiting in the first 24 hours you should seek medical advice.

Expect to feel tired for the next 7-10 days. It is normal to feel bloated around your abdomen for the next 48 hours and to have some bruising around the wound sites.

Take your painkilling tablets as prescribed. If your painkillers contain Codeine you should drink plenty of fluid and eat some extra fibre as the Codeine can cause you to become constipated.

Bath or shower as usual. The dressings are waterproof and should be removed after seven days. The stitches are dissolvable so will not need to be removed.

Do not not drive for at approximately 7-10 days, but can do so after this time when you can comfortably operate the controls and tolerate the seat belt.

You should be able to return to work in one to two weeks but should be advised by your GP.

Return to normal activity as soon as you feel able, but you should avoid contact sports for approximately four weeks.

Check your wound each day for any signs of infection.

Leaflet continues overleaf...

**IF YOU NEED FURTHER ADVICE WHEN YOU GO HOME, PLEASE PHONE:**

- |                         |  |
|-------------------------|--|
| <u>Same day</u>         | • The Day Surgery Centre 01823 342765              |
|                         | • Surgical Admissions Lounge (SAL) 01823 342011    |
| <u>Out-of-hours</u>     | • NHS helpline 111                                 |
| <u>Next day onwards</u> | • Your GP • Urology (via switchboard) 01823 333444 |

M Coombs  
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For translation into other languages  
or in Braille, large print or audio email:  
[patient.information@tst.nhs.uk](mailto:patient.information@tst.nhs.uk)



### **When to contact your GP**

**If you develop any signs of infection such as the following:**

- You feel unwell
- Have a high temperature
- Find it difficult or unable to pass urine
- Pass cloudy urine
- Pass lots of blood or blood clots

**Signs/symptoms may suggest a DVT (Deep Vein Thrombosis) in the days or weeks following your surgery:**

- You have pain or swelling in your leg
- The skin on your leg is hot or looks discoloured
- Your feet feel numb or tingly
- You become short of breath
- You feel pain in your chest, back or ribs which gets worse if you breathe in deeply
- You cough up blood