



Laparoscopic Cholecystectomy

After-care:

- The gas used to inflate your abdomen to perform the keyhole surgery can cause pain (sometimes to the shoulder blades) and should resolve in 48-72 hours with movement.
- You can eat and drink normally (although a low-fat diet is advised as part of a healthy diet).
- Your bowel habits may change following removal of your gallbladder. You may need to go more often and/or pass softer, looser motions. This usually resolves within a few months as your body adjusts.
- You are allowed to drive 48 hours after a general anaesthetic, but you will need to be able to perform an emergency stop without pain.
 - For most patients this is after 1-2 weeks.

Wound care:

- You can remove your dressings after 48 hours (unless advised otherwise). After this you can have a shower – do not immerse yourself in water (e.g. bath/swimming/jacuzzi) for 2 weeks.
- You should change your dressing if it is soaked through with blood or becomes wet.
- **Dissolvable stitches:** These do not need removing they will dissolve over the coming weeks -months.
- **Non-dissolvable stitches:** These require removal by your GP Practice nurse in 7-10 days (unless advised otherwise).
- **Glue:** This will start to come off in 5-10 days. It may flake – this is normal.

Things to avoid:

- Heavy lifting for 4 weeks – you should however be able to return to normal work/activity when you feel able (usually after 1-2 weeks), depending on your job.

Contact your GP, the Surgical Hub or 111 if you have any of the following:

- New or increasing pain (not relieved by painkillers).
- A large amount of blood-stained discharge from wounds.
- Worsening swelling, redness or tenderness of wounds and surrounding areas.
- Discharge (pus) coming from the wound.

Call 111 or attend A&E if you experience:

- Vomiting or abdominal distension.
- Fevers and chills.

Additional information:

- <https://www.nhs.uk/tests-and-treatments/gallbladder-removal/>

Key Contact numbers

If you have any concerns, you can contact:

Surgical Hub (7am-7pm Monday-Friday) – **02921 826510 or 02921 826348**

Surgical Same Day Emergency Care (sSDEC) at UHW : via switchboard – **02920 747747**

Your GP

111 for out of hours GP services or A&E

