

## Contact numbers

Please ring the surgical assessment unit at Whiston Hospital on  
**0151 426 1600 extension 1637**

Ward telephone number: **Sanderson Suite: 01744 646098**

## Further information

[www.nhs.uk/Conditions/Laparoscopiccholecystectomy/](http://www.nhs.uk/Conditions/Laparoscopiccholecystectomy/)

[www.bsg.org.uk/patients/general/gallstones.html](http://www.bsg.org.uk/patients/general/gallstones.html)

## Sanderson Suite

01744 646098/646089

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshall Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

[www.MerseyWestLancs.co.uk](http://www.MerseyWestLancs.co.uk)

# Laparoscopic Cholecystectomy Post Op Information Leaflet

If you need this leaflet in a different language or accessible format  
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،  
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,  
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,  
vă rog să discutați cu un membru al personalului să se ocupe  
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق  
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## What is a cholecystectomy?

Gallbladder removal surgery, also known as a cholecystectomy, it is a very common procedure.

The gallbladder is a small, pouch-like organ in the upper right part of your tummy.

It stores bile, a fluid produced by the liver that helps break down fatty foods.

You do not need a gallbladder, so surgery to take it out is often recommended if you develop any problems with it.

## Further Information

Your nurse today was .....

Your consultant.....

Your follow up appointment is in .....

**Your stitches/clips will need to be removed in ..... Days.**

**Please ring your local treatment room on the next working day to book an appointment.**

**Tel Number .....**

## Take Home Medications

You have been prescribed the following medication to take home;

**Please take as prescribed.**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**Some medication, such as codeine may affect your ability to drive or operate machinery, always read the label.**

## Post Operative Information

- Following this procedure you will be expected to stay on the ward for up to 6 hours.
- You will have some mild pain for up to a week after the operation. You may also have some neck and shoulder tip pain. This is due to the air which was pumped into your abdomen and should get better in 2 - 3 days.
- Taking painkillers at regular intervals works best, rather than waiting until you are in pain. It will also reduce the need to take stronger painkillers. Always follow the instructions provided in the leaflet supplied with your tablets.
- Nausea and vomiting are not unusual after surgery, we endeavour to keep this at a minimum, medication can be used during the anaesthetic and after to control this. Take extra rest and try to drink something regularly. If you can tolerate food, take small frequent snacks.
- Occasional aches and twinges in the wounds can persist for several months. Rarely, a wound infection may develop during the first few weeks after surgery.
- If you have dressings on your surgical wounds, leave them in place for 48 hours avoid getting them wet unless they are waterproof. The nurse will provide you with spare dressings on discharge.
- The incisions will usually be closed with dissolvable stitches. If removable stitches/clips are used, you will need to arrange for them to be removed on the date stated. Please contact the relevant treatment room to arrange removal of these if applicable. This information will be provided on your treatment room referral form.

## Post Op Information Continued

- You may drive when you are happy to wear a seat belt and to perform an emergency stop. Please be aware that driving whilst unfit may invalidate your insurance.
- You can return to normal physical and sexual activities when you feel comfortable. It is normal to feel tired after surgery, so take some rest, two or three times a day, and try to get a good night's sleep. After a week or so, you should be able to resume most of your normal daily activities. You should avoid heavy lifting and vigorous exercises for at least two weeks
- If you have a desk job you may feel ready to return in a week or so. If you are involved in manual labour or heavy lifting you may require a bit more time. Typically, you will need between two and three weeks off work.
- There are no dietary restrictions after removal of the gall bladder and you may resume a normal diet as soon as you are hungry. It would be wise to avoid eating fatty food (e.g. cheese, full fat milk, cream, fried foods).
- You may experience some diarrhoea after surgery. This should settle within three or four weeks, however, certain foods may cause changes in bowel habits. Remember to drink plenty of fluids so that you do not get dehydrated.

## When to seek medical advice

Please contact your GP/Out of Hours GP or visit your nearest walk in centre or Urgent Treatment Centre

### **If you experience any signs of infection such as:**

- Increasing tenderness
- Pus-like discharge from your surgical sites
- Swelling and redness of the wounds
- A high temperature
- Feeling generally unwell
- The surgical wounds start to bleed, and do not stop after applying firm direct pressure for 10 mins or bleeding becomes excessive.

### **Seek Medical advice also for any of the following:**

- Vomiting that continues more than three days after surgery
- Inability to have a bowel movement after four days
- Persistent pain not relieved with your prescribed painkillers
- Persistent abdominal distension (bloating of your tummy)
- Increasing pain or swelling around your wounds
- Jaundice (yellowing of the eyes or skin)
- Dark urine or pale bowel movements
- Colicky pain like before.