

## Patient Education Laparoscopic Cholecystectomy

### Dear Patient:

Your doctor has scheduled you for a laparoscopic cholecystectomy. During this surgery your doctor will remove your gallbladder through instruments inserted in 3 or 4 small incisions in your abdomen.

### Before Your Surgery

- ❖ **DO NOT** eat or drink anything after midnight on the night before the surgery.
- ❖ Remove all makeup, finger and toe nail polish, and jewelry before coming to the hospital. Remove piercings (earrings, tongue rings, etc.).
- ❖ When you arrive, you will be taken to your room to get undressed and into a hospital gown.
- ❖ Your doctor or a nurse anesthetist will visit with you regarding the anesthesia you will receive during surgery. Please tell the anesthetist if you have dentures or partials.
- ❖ You will have an IV started in the Same Day Surgery area.
- ❖ You will be taken to surgery about ½ hour prior to surgery.

### During Your Surgery

The surgery takes about 30 - 60 minutes. You will have a heart monitor and blood pressure cuff applied, and a pulse oximeter (measures the oxygen in your blood) placed on your finger. When your doctor is ready, the anesthetist will give you medication through your IV which makes you sleep through the surgery. After you are asleep, your doctor will make 3 - 4 small incisions on your abdomen through which he will place the instruments used to remove your gallbladder. If he is unable to remove the gallbladder by this method, then a larger incision will be made in the upper right area of your abdomen.

You will go to the recovery room to awaken from the anesthesia. You will be monitored in the recovery room for approximately 1 hour.

### After Your Surgery

- ❖ You will be taken back to your room for further monitoring for a short time.
- ❖ During this time you will be provided with water to drink and assisted to the bathroom. Please press your call light and ask for assistance when getting up. **DO NOT** get up by yourself.
- ❖ Since you may still be drowsy from the anesthesia, you will be encouraged to cough and deep breathe every hour to keep your lungs clear.
- ❖ You may still have an IV through which you will receive fluids.
- ❖ Your incisions will have staples. There will be bandaids over the incisions.
- ❖ Your doctor may order compression stockings for you to wear. These stockings will help the circulation in your legs and decrease the possibility of developing blood clots after surgery.

**Pain/Medications:** Your stomach will be sore after your surgery. You can request pain medication which your doctor has ordered. You can also support your stomach with a small pillow when getting out of bed or walking. Your doctor may also order antibiotics to be given through your IV.

**Diet:** You will be given water to drink after surgery. If you tolerate this without nausea or vomiting, you may have clear liquids such as sprite, jello, broth, decaf coffee, etc. You may advance your diet according to your dismissal instructions.

**Dismissal:** You may go home the day of surgery or your doctor may have you stay overnight. You will need to have someone drive you home from the hospital. Please remember that you may still feel sleepy/tired when you go home. Go directly home and keep all follow-up appointments with your doctor.

### **After Your Dismissal**

**Activity:** You will be encouraged to walk after surgery. Short walks several times a day will speed up the healing process. You may ride in the car and climb stairs. You may tire easily and will need to rest 15 - 30 minutes between activities. You should not lift anything heavier than 10 lbs. until advised by your physician. You may resume normal activities in 3 - 4 days. **DO NOT** drive for 1 week.

**Incision:** Keep the incisions clean and dry. You may shower after your dressing can be removed. Pat dry around the incisions and apply new bandaids if needed. **DO NOT** take a tub bath until your incision is healed. If you do not have a shower, you may take a sponge bath. The staples will be removed in the doctor's office during your follow-up appointment (approximately 7 days).

**Pain/Medication:** Your doctor may give you a prescription for pain medication to take at home. A non-aspirin pain reliever, such as Tylenol or Ibuprofen may also be used for pain. If an antibiotic is prescribed, continue taking the antibiotic until it is gone. You may have some abdominal and/or right shoulder pain over the next few days. This is from the carbon dioxide gas used during surgery to inflate your abdomen so your doctor can easily see through the scopes. Walking, changing positions and using a heating pad will help decrease this pain.

**Infection:** If you have any of the following, call your doctor.

- ⊗ Redness or swelling around the incisions
- ⊗ Yellowish, green, or foul smelling drainage from your incisions
- ⊗ Slow steady bleeding from your incisions
- ⊗ Temperature above 101°
- ⊗ Chills or other flu like symptoms
- ⊗ Severe pain that is not relieved by the pain medication
- ⊗ Persistent nausea and vomiting
- ⊗ Chest pain, trouble breathing, or difficulty urinating
- ⊗ Itching or a rash after taking pain medication or antibiotic

Please refer to your dismissal instructions for further information.