



Guidelines following your Laparoscopic Cholecystectomy

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

Wound - Observe the wound daily, checking for: redness, bleeding and discharge, swelling or increasing pain. Slight oozing is normal and a clean gauze dressing may be applied. Contact your General Practitioner (GP) immediately in the case of redness, swelling or increasing pain as this may be a sign of infection.

Mobilising - You have been encouraged to mobilise gently on the day of your surgery, gradually increasing this. You should be fully active after about 10 days. **Do not** lift any heavy objects for least two weeks or put any undue strain on your abdominal muscles. You can start to play sport as your body allows. It is important not to confine yourself to bed as this increases your risk of blood clots and chest infections.

Driving - You may return to driving when you can carry out an emergency stop without pain. Test yourself in a stationary vehicle first. We also advise you to contact your insurance company before resuming driving. Please note that it is illegal to drive if you do not have full control of the car and your insurance may be invalid if you did drive.

Follow up - We will tell you about any follow up before you leave. If you need an outpatient appointment we will request one for you and the date and time will be sent to you by post.

Stockings - If you have been given support stockings to wear it is important that you continue to wear them, day and night, until you are fully mobile (at least 24-48 hours). The stockings should be removed for a short time daily to wash the feet and legs. You may also hand wash the stockings but do not dry them by direct heat (radiator or tumble dryer).

Pain Relief - You should expect some discomfort following your surgery, the pain relief given to you by the Day Surgery Unit should be taken regularly as prescribed especially for the first few days. Contact your GP if the tablets do not control the pain.



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Bathing - After 24 hours you may find daily baths soothing.

You were given the following pain relief while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at

Instructions for patients who have had a general anaesthetic.

Anaesthetic drugs remain in the body for 24 hours and gradually wear off over this time.

During the 24 hours following your anaesthetic, you are under the influence of drugs and it is important to follow these instructions:

- Do not drive a car or any other vehicle, including a bicycle.
- Do not operate machinery or appliances such as cookers or kettles.
- Do not drink any alcohol.
- Do not lock the bathroom or toilet door or make yourself inaccessible to the person looking after you.
- Drink plenty of fluids and eat a light diet, avoiding heavy or greasy foods.
- Take things easy for the day after your operation.
- Do not work with machinery or take strenuous exercise.
- Do not make important decisions or sign important documents for 24 hours after your anaesthetic

Some people take longer to recover from the effects of an anaesthetic so these guidelines may continue to be followed for up to 48 hours, if necessary.

If there are any problems after you return home, please telephone your GP or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays).

After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.

If you have any suggestions on how we can improve our service, we would be happy to hear from you.

Please write to:

Senior Sister

Day Surgery Unit

Great Western Hospital

Marlborough Road

Swindon

SN3 6BB



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Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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