

Laparoscopic gallbladder removal or cholecystectomy

Wound care

You may remove the dressings covering the wounds 24 hours after the procedure. Wash your hands before handling the dressings. You can take a shower the day after the procedure. Dry the wounds by patting gently with a towel – do not rub. If there is exudate, cover the wounds with a dressing. Dry wounds do not need to be covered. The wound is closed with absorbable stitches / removable stitches / surgical staples.

To have the stitches / staples removed, make an appointment at your health centre

Going to the sauna, taking a bath or swimming is not allowed until about a week after the procedure or until the stitches / staples have been removed.

Pain management

During the procedure, a long-lasting anaesthetic is applied to the wound area to reduce pain on the day of the procedure. Regular use of pain medication after the procedure promotes recovery. If necessary, you can take pain medication available from the pharmacy without a prescription for the pain. If necessary, the doctor will give you a prescription for pain medication. You may experience pain in the shoulder and diaphragm area after the procedure. This is related to the procedure and will go away in a couple of days. Being up and about and doing outdoor activities according to your capacity alleviates the symptoms.

Eating

You do not have to follow a specific diet after the procedure. Foods that used to trigger gallbladder attacks may be reintroduced gradually.

Sick leave

Depending on the type of work you do, the duration of sick leave is 1–2 weeks. While on sick leave, avoid heavy work and lifting (more than 5 kg). Light physical activity outdoors is recommended daily, starting from the day following surgery, but more strenuous exercise should be avoided while you are on sick leave.

Follow-up appointment

As a rule, no follow-up appointment is scheduled.

Please get in touch if:

- you have increasing stomach pains
- there is increasing redness, warmth or swelling in the wound area
- you have a fever above 38°C

Contact information

Day Surgery Unit
Monday to Friday 8 am–5 pm
Tel. 02 627 3840

Surgical ward 3
Tel. 02 627 6230

Satasairaala

[For Satasairaala's website, go to www.satasairaala.fi](http://www.satasairaala.fi)

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