

Laparoscopic gallbladder surgery

You have had laparoscopic gallbladder surgery.

Wound care

You can remove the dressings from the wounds 24 after surgery.

Wash your hands every time before handling the dressings.

You can take a shower after you have removed the dressings. Do not use soap on the wounds or rub them. If the wound bleeds after showering, cover it with a clean dressing.

You can go to the sauna or take a bath 10 days after the operation or once the stitches have been removed.

The nurse will circle the correct alternative:

The wounds are closed with

- absorbable stitches
- removable stitches
- staples

If you have removable stitches or staples, make an appointment at your local health centre to have them removed.

The stitches will be taken out on:

_____.

Pain management

During the procedure, a long-lasting anaesthetic is applied to the wound area to reduce pain on the day of the procedure.

You can also take painkillers available from the pharmacy without a prescription. If necessary, the doctor will write you a prescription for pain medication.

Regular use of painkillers for a few days after the operation will promote your recovery considerably.

If you cough or sneeze, support the operated area with your hand to prevent pain.

You may experience pain in the shoulder and diaphragm area after the operation.

This is normal and usually goes away in a couple of days.

You can alleviate the pain by being up and about.

Physical activity

After the operation, you can resume your physical activities depending on how you are feeling. However, avoid strenuous exercise while you are on sick leave.

Do not lift objects that weigh more than 3 kg while you are on sick leave.

Diet

You can eat normally after the operation. Foods that used to trigger gallbladder attacks may also be reintroduced gradually.

A balanced diet and regular meals promote recovery and prevent constipation. To avoid constipation, drink plenty of fluids and eat high-fibre foods.

Sick leave

The doctor will write you 1–2 weeks of sick leave. The duration of sick leave depends on the kind of work you do. Avoid heavy work while you are on sick leave.

Follow-up appointment

As a rule, no follow-up appointment is needed after laparoscopic gallbladder surgery.

Please get in touch if:

- your recovery does not go as planned and you start feeling worse
- you have increasing stomach pains
- you develop a fever above 38°C
- there is increasing warmth, redness or swelling in the wound area.

Contact information

Day Surgery Unit
Monday to Friday, 8 am–3 pm
Tel. 02 627 3840

Operation ward's discharging nurse
Monday to Friday, 8 am-3 pm
Tel. 044 707 7488

Surgical ward 3
Tel. 02 627 6230