

## Laparoscopic gall bladder operation

These instructions are intended for printing. The instructions contain sections to be filled in.

### Procedure

In laparoscopic gall bladder operation, the gall bladder is removed using keyhole surgery. Camera optics and the required instruments are taken into the abdominal cavity through trocars (hollow cylinders) (four small incisions in total). Sometimes keyhole surgery cannot be performed, and the operation has to be finished as a traditional open surgery. The procedure is performed under general anaesthesia.

### Recovery

Thanks to the small wounds, the recovery is quick. You can move freely on the following day after the procedure, but you need to avoid heavy physical effort and lifting heavy objects for two weeks. The abdominal region swells up slightly so loose-fitting clothing will be more comfortable. If you have been prescribed a diet plan because of gallstones, you must follow the plan for approximately one month. Later, you can gradually move to ordinary low-fat food.

### Wound care

You can remove the folded bandages one day after the operation and shower.

- A. Absorbable sutures have been used to close the wound. They do not need to be removed. The wound tape can be removed after a week. At this point, you can also go to the sauna, but wait one more week (14 days after the operation) before swimming or bathing.

Or

- B. Non-absorbable sutures have been used to close the wound. They will be removed after 7 days at your health centre, occupational health centre, or health clinic (neuvola) (\_\_\_\_\_). The wound tape should stay in place until then. You can go to the sauna the day after the removal.

### Treatment of pain

After the operation, you may experience pain in the area around your ribs and shoulders in addition to wound pain. The pain is caused by gas that was led into your abdominal cavity for

the duration of the procedure. The gas irritates the diaphragm, causing a radiating pain in your shoulders. The pain is harmless and disappears within a few days, and can be eased by taking painkillers and moving. You should avoid medicines that contain codeine, because they may cause pain similar to gall bladder attacks.

It is recommended to take painkillers regularly for 1–4 days and after that when necessary:

Paracetamol

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Anti-inflammatory

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Strong painkiller

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Other medication

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Follow-up visit is not usually required. Sick leave is usually 1–2 weeks.

## Contact us

If you experience inflammatory symptoms (increasing pain, heavy swelling, warmth, redness, continuous wound discharge) or other problems (such as severe stomach ache, continuous nausea, dizziness, faintness, fever, or profusely bleeding wounds), contact your health Centre or the treating unit:

Day Surgery Unit on working days from 07.00–15.00, telephone 06 213 1552

Your own health Centre or occupational health center

Telephone nursing services from 15.00–08.00 on Monday–Thursday and from 14.00–08.00 on Friday and 24 hours a day during weekends and on midweek holidays, telephone 116 117

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This instruction is intended for our patients who are in care relationship.