

A **cholecystectomy** is the surgical removal of your gallbladder. This is usually done laparoscopically. Laparoscopic **cholecystectomy** involves inserting 4 separate ports into the abdomen through small incisions. The Surgeon locates the gallbladder and using the laparoscopic scalpel removes it through the small incision in your belly button. You will have small tapes (steristrips) over each wound.

One week before your surgery you will require lab work to be done at St. Joseph's General Hospital.

DAY OF SURGERY

Please review: *General Surgery Information Sheet*

Laparoscopic Cholecystectomy is usually a day surgery. You will be discharged home the same day as your surgery.

PREPARING FOR YOUR SURGERY

The Nurse assigned to your care will prepare you for your surgery.

You will:

- change into a hospital gown,
- have an IV inserted,
- have your height, weight and vital signs taken,
- have additional blood tests done.

WHEN IT IS TIME FOR YOUR SURGERY

- A Nurse will escort you to the Operating Room.
- You will speak with your Surgeon, Anaesthetist and Operating Room staff and have an opportunity to ask questions prior to your surgery.

SURGERY

This surgery is performed under **general anaesthesia**. Your Anaesthetist will discuss this with you and review options for managing your pain after the surgery.

- A catheter tube will be inserted in bladder for elimination of urine. It is removed at the end of the surgery.
- It is not common, but you may have a drain near the incision to drain excess blood/fluids from your abdomen.
- You may have tapes (steristrips) covering the puncture wounds on your abdomen.

AFTER THE SURGERY

- You will be taken to the recovery room where a Nurse will monitor your vital signs and ensure your pain and nausea is managed with medication.
- Once you are fully awake from the anaesthetic, you are then ready to return to your room. You will be taken by stretcher to the Day Surgery unit where you will be monitored and be provided something to drink.

DISCHARGE INSTRUCTIONS

- Arrange for some help at home if necessary. If any problems are anticipated discuss them with the Nurse.
- Gradually resume a low-fat diet.
- You may shower after 24 hours, washing the area with soap and water. Pat dry. Do not sit in bathtub or hot tub for 2 weeks to allow wounds to heal.
- You will see tapes (steristrips) over the puncture wounds. These will gradually come off on their own. If they unravel, just trim off the ends. Gently remove any that remain after 10 days.
- You will be given your follow up appointment at the General Surgery Clinic before you leave.
- Once you are ready to leave, the Nurse will provide you with discharge instructions.
- Please follow the discharge instructions when you leave the Hospital.
- Follow instructions: *Pain Management After Surgery*.
- Have a friend or family member drive you home following your discharge from the Hospital.

Do not hesitate to come into the Emergency Room if you experience any of the following:

- fever over 38°C or 99.5°F,
- increased pain, redness, swelling, foul smelling discharge/bleeding from the surgical wounds,
- chest pain associated with increased pain on taking a deep breath,
- sudden pain or swelling in the calf of your leg,
- pain that is not relieved by your pain medications.