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## **POST-OPERATIVE INSTRUCTIONS FOLLOWING**

### **LAPAROSCOPIC CHOLECYSTECTOMY**

#### **Pain Relief**

- Regular paracetamol (1g, ie 2 x 500mg) every 6 hours can be taken together with either oxycodone, Targin or codeine. **Note:** Panadeine Forte is paracetamol 500mg + 30mg codeine in combination. Occasionally ibuprofen is more effective and less constipating than these stronger pain killers (400mg three times a day with food).

#### **Constipation**

- Common with strong pain killers so consider using Movicol (over the counter medication), one sachet once or twice daily as needed.

#### **Activity**

- Do very little the first two weeks.
- Most gallbladder operations are completed via keyhole (laparoscopic) technique, occasionally open surgery is required.

#### **Driving**

- Usually 1-2 weeks when comfortable to wear a seat belt and get in and out of the vehicle. Heavy vehicles or public transport vehicles probably need 4 weeks off to be safe.
- Do not drive at all for 24 hours after the operation, ideally 48 hours.

#### **Wounds**

- Usually closed with dissolving stitches which take care of themselves. Allowed to wash and pad dry post-op. Leave Steri-Strips on 1 week or until they peel off.
- If very red or oozy or develops swelling it might signify wound infection. Please let my office know if you suspect this.

#### **Post-operative**

- Patient can eat most foods, but rich foods may not be tolerated as well. It can be trial and error to work out what is manageable.
- Diarrhoea is very common after the operation for up to 3 months but then it usually resolves.

#### **If there is a problem:**

***Such as severe abdominal pain, fever, vomiting or bloating:***

- Call rooms in business hours (6925 6004).
- If after hours, in Wagga call Calvary Private Hospital to speak with nursing supervisor (6925 3055). In Griffith call St Vincent's Private Community Hospital on (6966 8300).
- Consult your own GP.
- Present to your local Emergency Department.