

DAY CASE LAPAROSCOPIC CHOLECYSTECTOMY DISCHARGE SHEET.

You have had your gallbladder removed with keyhole surgery today. Please refer to the leaflet called “Laparoscopic Cholecystectomy”.

When you get home you should try and stay up for a while until possibly 11pm, as you have been asleep for some of the day today and therefore we have disrupted your sleep pattern, by staying up you will then sleep better for the rest of the night.

Take your pain killers as prescribed and explained to you by the day surgery staff, do not omit any doses because you feel no pain, as if the pain returns you will need much more to keep it under control. The pain medication prescribed is done to ensure that you remain pain free, you will need to follow this regime for the next three days.

It is important that you move around and do not stay in bed, on the day after surgery you can go out of the house if you wish. Continue to wear the TED stockings until you have resumed normal activities.

You may drive a car after 48hrs, however you must be able to do an emergency stop and wear a seatbelt. You should practice this before you turn on the car engine. It is also advisable to contact your car insurers to ensure that they don't have any exclusions for people who have just had an operation.

The laparoscopic nurse Jane will contact you on the morning after your operation to ensure that you are feeling ok.

Please remember the advice you have been given about the small chance that you may develop a bile leak, if you feel worse, develop stronger pain than previously felt or any other symptoms please do not hesitate to get in contact with us. We would much rather you phone and if necessary see you than for you to worry, probably unnecessarily.

If you feel unwell at any time please contact the mobile phone number 07768145118 or the laparoscopic nurse practitioner by phoning 01206747474 and ask for bleep 471 (hours 8am – 6pm, Mon-Fri).