



Patient Information – Post-operative care

Laparoscopic Cholecystectomy

Wound care

Your gallbladder has been removed using keyhole surgery. The incisions have been temporarily numbed with local anaesthetic and sewn together with dissolvable stitches under the skin.

Dressings have been applied to the wounds, often a paper tape such as Steristrips® and overlying waterproof dressing. You can safely get the dressing wet in the shower and gently dab dry afterward.

Pain relief

Regular pain relief with paracetamol (e.g. Panadol®), 1g (two 500mg tablets), four times a day, for the first few days after leaving hospital and prior to exercises or functional activities, provides sufficient pain relief for most people. It is safe to add an anti-inflammatory drug (e.g. Nurofen®) for most patients, but please check with your doctor if you have any concerns.

You will be sent home with some stronger pain relief (e.g. Endone) in case of worse pain in the first few days. This medication can cause constipation so you should stay well-hydrated and take a gentle laxative such as Coloxyl & Senna® if needed. Using regular paracetamol and anti-inflammatory will help reduce the need for the stronger medication.

Diet

There are no restrictions on what you can eat, however, you may find you have some

intolerance to heavy meals or fatty foods, causing bloating and loose bowels. If this occurs, try to eat small, more frequent meals and avoid high fat foods.

Activity

Gentle exercise, for example walking, is recommended. You should avoid more vigorous exercise and any heavy lifting (>5kg) for at least two weeks after surgery. You must not drive for at least 24 hours following a general anaesthetic. You may return to light duties including work after one week.

Complications

Internal bleeding or bile leak are uncommon after discharge but may be suspected if you develop severe abdominal pain. This requires urgent attention.

Infection may be suspected if the wounds become increasingly tender & inflamed. You might start to feel unwell with a fever. This requires urgent attention.

Appointment

Your follow-up appointment will be made at the time of your surgery booking. Please ring the rooms (03 9116 4777) if you do not have an appointment.

Contact

Any concerns, please contact Dr Sarah Birks or the hospital.