

Laparoscopic gall bladder operation (Laparoscopic cholecystectomy)

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) (4 small incisions in total). Sometimes keyhole surgery can not 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 also 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.
- 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) (_____ date). 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

Anti-inflammatory

Strong painkiller

Other medication

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 A2 on working days from 07.00–17.00 tel. **(06) 323 1552**

Emergency Department at other times tel. **(06) 323 1311**

Your own health centre or occupational health centre

We wish you happy healing !