

You will go to the recovery room for a few hours before being transferred back to the ward. You will be given fluids to drink and later that afternoon encouraged to sit out of bed. Sometimes you may experience nausea and vomiting after your operation and you will be given medication as necessary. The following morning you will be offered a light breakfast after before discharge from the hospital.

The majority of patients go home on the morning after surgery and you will be encouraged to resume your normal activities as soon as possible.

WOUND CARE

The small incisions on your abdomen will be covered with paper tape, and these will be replaced prior to discharge. You may shower or bath and allow the paper tapes to get wet but you should keep them dry in between times. There are no sutures to be removed from the wounds and you can peel off the paper tape after about one week.

ACTIVITIES

You should not drive for first week after your operation, and you should also avoid vigorous activity while the wounds heal. You should gradually build up to your normal

physical activity, with common sense guiding your progress.

EXPECTED SYMPTOMS

You may experience shoulder tip pain or mild cramping abdominal pain immediately after surgery. These symptoms usually settle within 48 hours. Local anaesthetic is placed in all the wounds to decrease pain on the first night.

Over the course of the next few days your wounds may be a little uncomfortable, particularly at the umbilicus. You should take Panadol or Panadeine, if needed. In general, you should avoid large doses of Panadeine, as this tends to cause constipation.

During the first month after surgery you may experience intermittent mild pain in the upper abdomen and you should not be concerned. If you are worried about the severity of the pain or if it persists you should call Dr Hugh or see your GP.

INFREQUENT COMPLICATIONS

Superficial wound infections may rarely occur particularly in the umbilical region, a site that is often contaminated. If your

wound becomes red or inflamed then you should contact Dr Hugh on (02) 9438 2277

DIET

You should stay on a relatively low fat diet for 4-5 weeks until the first postoperative review. Otherwise there should be no restriction in either food or alcohol intake.

FOLLOW UP

You will have a postoperative review by Dr Hugh approximately 4-5 weeks after your surgery (you should call (02) 9438 2277 to make an appointment).

DR HUGH'S CONTACT DETAILS:

Suite 1, Level 4
AMA House
69 Christie Street
St Leonards NSW 2065

Telephone: 9438 2277

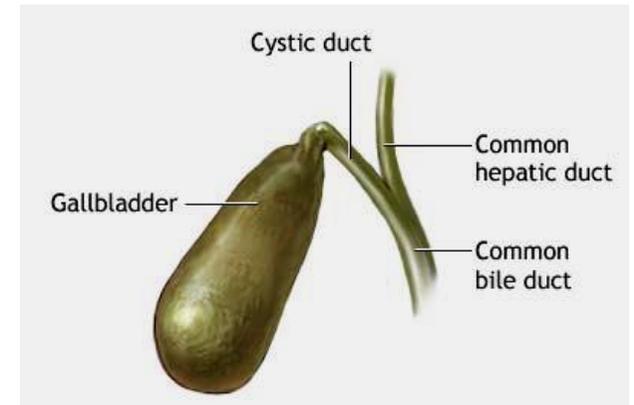
Fax: 9438 2278



Royal North Shore Hospital

NORTH SHORE
PRIVATE HOSPITAL

After your operation



Dr Thomas J Hugh

**LAPAROSCOPIC
CHOLECYSTECTOMY**