

PATIENT INFORMATION: LAPAROSCOPIC CHOLECYSTECTOMY

Laparoscopic cholecystectomy is the procedure that your surgeon has chosen to remove your gallbladder. A laparoscope is inserted through a small incision in your umbilicus (navel). The laparoscope is a lighted instrument attached to a camera, which allows your surgeon to view the interior of your abdomen on a T.V. monitor. Your abdominal cavity will be inflated with carbon dioxide, which keeps the contents of your abdomen out of the way of the operative site. You will have four small incisions in your abdomen to accommodate the telescope and instruments.

There is a very slight possibility that the surgeon may not be able to remove your gallbladder through the laparoscopic incision and will have to convert to an open cholecystectomy. The reasons for this may vary and will be explained to you by your surgeon, prior to your surgery. You will be asked to sign a consent form for both procedures. Of course, an open cholecystectomy would necessitate admission to hospital.

Advantages of laparoscopic cholecystectomy:

- less pain;
- reduced hospital stay;
- earlier return to normal activity (one week vs. four to six weeks).

Preparation for Surgery:

Stop eating solid food at midnight the night before your surgery. You may have clear fluids (black tea, apple juice or water) only up until three hours before your scheduled arrival time. Do not smoke or chew gum or tobacco. You may brush your teeth and just rinse your mouth. Surgery may be delayed or postponed if this requirement is not met.

What to expect:

- Your surgery takes about an hour and your stay in the recovery room will vary. You can expect to be discharged from the Unit somewhere from mid to late afternoon. Please be advised that these are guidelines only and length of stay will always be adjusted to meet your needs.

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call Telehealth Ontario: 1-866-797-0000**

- Our aim is to assist you in having minimal pain or nausea. Medications will be ordered by your doctor to assist with this.
- Most of your day will be spent sleeping with a gradual increase in your activity over the last few hours of your stay.
- Your discharge instructions and return appointments will be written out for you. You will be requested to remain on clear fluids post-operatively until you are passing gas. You will then follow a fat free diet for one week before returning to a regular diet.

- You must have a ride home and we do recommend that you have someone with you on the night of your surgery. We would like to follow your progress with a telephone call the following day.

This procedure, like any surgical procedure, can be followed by complications. Specifically, with this type of surgery, injuries to the bile duct, blood vessels or bowel can occur. Please discuss these complications with your surgeon.

Please feel free to ask one of our staff to answer your questions.

We wish you well and a speedy recovery!

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