

General Surgery

Laparoscopic Cholecystectomy



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HEALTH • EDUCATION • RESEARCH صحة • تعليم • بحوث

What is Enhanced Recovery?

Improvements have been made in the way we care for you. This includes medication, surgical and anesthetic techniques.

We aim to reduce pain, minimize side effects and manage your fluid and nutrition carefully. We also use minimally invasive techniques where possible.

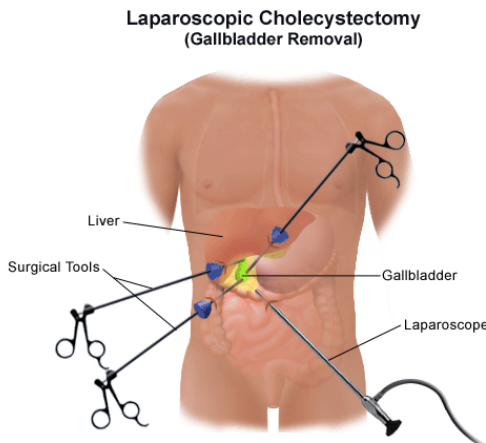
This is to promote your health and recovery and enable you to return to everyday activities.

Benefits of ERAS:

- Less postoperative pain, nausea and vomiting
- Early mobilization and ambulation
- Enhanced recovery
- Early discharge to avoid any complications
- Better wound healing

What is a Laparoscopic Cholecystectomy?

This is an operation to remove the gallbladder using key-hole surgical techniques. The gallbladder is being removed because it is giving you pain possibly due to gallstones. These small stones form in the gallbladder and can cause a range of problems including pain, jaundice, infection and pancreatitis. Gallstones are very common, but do not always cause symptoms and are usually diagnosed by an ultrasound scan. Gallstones that are not causing trouble can usually be left alone.



The Benefits of Key-Hole Surgery

The advantages to you of having your gallbladder removed by the laparoscopic (key-hole) method are:

- Reduced pain and ease of recovery after surgery.
- Less pain medication required.
- Shorter hospital stay.
- Earlier return to full activity and work.
- Less visible abdominal scars.

Before Your Surgery

At the Surgery Clinic

The nurse and the doctor will ask you about:

1. Your past and current medical history.
2. Medications you are taking (please bring your medications with you to your appointment).
3. Any food or drug allergies you may have.

The following checks will be carried out:

1. Blood pressure.
2. Pulse.
3. Height and weight.

Your surgeon will:

1. Explain the risks, benefits and expectations before, during and after your surgery.
2. Inform you about, complete and ask you to sign the Informed Surgical Consent form.
3. Discuss the estimated charges for the operation (including other diagnostic procedures, medicines, professional fees and room charges) for Non-Qataris.
4. Refer you to the anesthesiologist for the pre-anesthesia assessment.
5. Discuss the carbohydrate drinks needed before surgery and refer you to dietician if required.
6. Give you the date of surgery and a brief about Enhanced Recovery After Surgery.

You may also undertake:

1. Blood Tests.
2. X-rays.
3. Other tests _____ as ordered/ required.

Please note:

1. The estimated charges for the operation (including other diagnostic procedures, medicines, professional fees and room charges) for Non-Qataris will be discussed with your healthcare provider.
2. Do not shave the surgical area using razor or blade.

⚠ Please always ask your doctor if you have any questions to make sure you fully understand your surgery.

At the Anesthesia Clinic

Your anesthetist will:

1. Determine your fitness for surgery and discuss general anesthesia to be administered during your operation.
2. Discuss your postoperative pain management and provide appropriate information about Enhanced Recovery After Surgery.
3. Inform you about, complete and ask you to sign the Informed Anesthesia Consent form.

During Your Surgery

1. You will be given a general anesthetic, putting you to sleep.
2. Approximately four small holes (about one to two centimeters) are made in the abdomen. Through these, special long instruments are used to free up the gallbladder with its stones from underneath the liver and it is completely removed. This is viewed on a TV screen by a miniature camera inserted through one of the four keyholes.
3. Pain killers and anti-nausea drugs will be given whilst you are asleep to make you comfortable.
4. Monitoring devices will be attached to you, such as a blood pressure cuff, ECG leads (heart monitoring leads) and a pulse oximeter. A pulse oximeter is a peg with a red light, which is placed on your finger. It shows how much oxygen you have in your blood and is one of the monitors that an anesthetist uses during your operation to ensure that you remain in the best of health. You may be given some oxygen to breathe.

After Your Surgery

Once you are fully awake you will be taken to the ward to fully recover before you are accompanied home.

Your Recovery at Home

Nutrition

Good nutrition plays a vital part in your recovery. You may find that it takes weeks before your appetite returns to normal. Try eating small meals frequently. You can add snacks of plain biscuits or crackers between meals. Sufficient food intake helps prevent tiredness and promotes a faster recovery.

Moreover, if you have a diabetes, meal planning and nutrition counseling with the dietician is essential.

Daily Activities

You will be encouraged to get out of bed and walk around, on the day of your surgery. This will reduce the risk of complications such as clots in your leg and chest infections. Please continue to wear the anti-embolism stockings (white tights) provided for the first few days, especially when in bed.

It will then take seven to 14 days to recover at home and mostly you'll get back to your normal activities within two to four weeks.

Pain relief

You will be advised to take regular painkillers for the first few days, this is important to achieve a good recovery from your operation.

It is important that you know signs to look out for. During the first two weeks after surgery, if you are worried about any of the following, please phone the telephone numbers at the end of this leaflet:

- Severe pain
- High fever (39°C)
- Abdominal swelling
- Yellowing of the skin and whites of your eyes(jaundice)
- An oozing wound
- Infection



Unit _____





Patient and Family Education

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