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ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ 0800 0730510 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर 0800 0730510 पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો 0800 0730510 પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে 0800 0730510 এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية ( اللغة العربية ) , فرجاء ا اتصل بمنسق المعلومات للمريض

0800 0730510 على التلقون Information Co-ordinator

حسب ضرورت امليف امليف كوئي زبان ( اردو ) میں حاصل کرنے کے لئے رولہ رہائی ٹیلیفون نمبر 0800 0730510 پر وھعت افریشین اور امليف ( عربیہ ) کے لئے معلومات کی فراہمی کے سلسلے میں امليف کے ساتھ رابطہ کر کریں۔

# Open Cholecystectomy Surgery Patient Information Leaflet

Under review

If you have any other queries, or if there is anything you do not understand, please do not hesitate to ask a member of staff prior to discharge or contact Ward B4 on 01384 244126.

The nursing staff wish you a speedy recovery following your operation and listed below is some advice we feel you may find useful. However, please remember that everyone is individual and recovers differently following surgery - it is quite normal to feel tired and weak for the first few weeks, but if this persists please contact your General Practitioner (GP).

## Pain

You may experience some degree of pain and soreness following your operation, and should therefore take the painkillers given to you on discharge. If you choose not to accept painkillers on discharge, then take the pain relief you would normally take at home. Take care to read the instructions on the bottle and take the prescribed amount. If your pain is excessive or your painkillers do not relieve your pain please contact your GP.

## Wound Care

As your wound heals, it may feel tingly, numb itchy or lumpy and may pull slightly around the stitch - this is quite normal and part of the healing process. If you still have a dressing on your wound following discharge, this may be removed after the 3rd day following your operation, or a District Nurse may be arranged to check your wound at home if the staff feel this is necessary.

Once your dressing has been removed, you may shower or bathe as normal - taking care to avoid perfumed products until your wound is completely healed.

Your stitches/clips may either be dissolvable or will need to be removed 10-14 days following your surgery. You will need to make an appointment at your GP Surgery to see the Practice Nurse, but if you are unable to visit your Practice Nurse, the ward staff will arrange for a District Nurse to visit you at home on a specified date.

Please give the Practice Nurse/District Nurse your discharge documents.

## Diet

It is advisable to maintain a low fat diet for at least 4-6 weeks following your surgery as the pain you experienced prior to surgery can sometimes recur during this period following your operation. However, following this period there are no set rules regarding what you can or cannot eat - you will find out for yourself what your body will tolerate.

## Bowel Habits

It is important to try to avoid becoming constipated and therefore taking a high fibre diet; plenty of fluids and regular gentle exercise will help. Please remember that your painkillers can also cause constipation.

## Follow up

It is not usually necessary for you to see the Consultant in the Outpatients department, however an appointment may be requested by your Doctor, which will be given to you prior to discharge. If you have any problems or worries concerning your operation, please contact your GP. who will contact your Consultant if necessary.

## Driving

It is advised that you do not drive until your stitches/clips have been removed, or two weeks if your stitches are dissolvable. However, you will need to contact your insurance company as your policy may indicate that you are not allowed to drive until your wounds are completely healed.

## Returning to Work

You should gradually increase your daily activities within your own capabilities, but should avoid lifting heavy objects for at least 6 weeks. If you have a heavy job, you should refrain from working for this period of time following surgery. Otherwise, you may return to work whenever you feel able. A sick note will be given to you prior to discharge if required (normally for 2 weeks), after which further sick notes should be obtained from your GP.