

## **POST-OP RECOVERY (GALLBLADDER SURGERY)**

Following gallbladder surgery it is common to have pain around the incision sites or pain in the shoulder (caused by the gas introduced into your abdomen).

It is also uncommon experience some reflux symptoms or some loose-ish bowel motions. Try to avoid large fatty meals for the first few weeks as these may make these symptoms worse.

1. Apart from the specific instructions given to you depending on the type of surgery you have undergone, the basic general instructions that you should follow after your surgery are as follows:
2. Take pain relieving and other medications as advised. Pain relieving medication should be taken with food (normally regular Panadol and ibuprofen taken in combination). After the first 72 hours of surgery, take the pain medication only when needed.
3. Do not drink alcohol, drive a vehicle, operate any machinery or sign a legal document for the first 24 hours after the surgery as the effect of the sedative and/ or the anaesthesia administered during the surgery may last for the first 24 hours of the surgery.
4. Dressings should be removed after 5 days (unless otherwise instructed). It is not uncommon for a small amount of blood to be visible under the dressing, this is not of concern and the dressing should be left sterile and intact.

5. Avoid strenuous activity, as advised. Remember that it is easier to prevent developing pain rather than managing it once it has already developed. Try to keep mobile and take regular short walks. If you do something that causes pain try and avoid it, this is your body telling you you're not ready.
6. Keep the dressing clean and dry to promote wound healing.
7. Return to work when you are comfortable, not requiring strong painkillers and able to perform your work tasks unaided (usually 7-14 days).
8. Eat a healthy diet and drink plenty of non-alcoholic and non-caffeinated drinks. Small amounts of alcohol is ok.
9. Schedule your follow up appointment as advised, usually 2 to 3 weeks after surgery.

### **PLEASE CONTACT DR GANDY'S OFFICE OR CONSULT YOUR DOCTOR IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS:**

- Increased drainage from the incision
- Increased redness around the operated area
- Foul odour from the wound.
- Temperature over 38 degrees
- Sudden calf pain or shortness of breath
- A bulge through one of your incisions