

Advice after a laparoscopic (key hole) operation (1 of 2)



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

After the operation

Patients who have an uncomplicated operation can normally go home within 24 hours after the operation. Most of the patients who have their operation performed in the day surgery unit will go home on the day of operation. When you wake up after the operation we would expect you to have some pain. We will give you tablets to control this.

Immediately after an operation you may have difficulty passing urine. You must have passed urine before you can be discharged. If you have difficulty passing urine once home try taking a hot bath.

Discharge from hospital

You do not need to make an appointment with your GP. We will give you some pain killing tablets. Please use these up to the recommended dose if you have any pain.

You will only need to see your GP or practice nurse if you have any problems after your operation (see below).

Wound care

The stitches used to close the wound are dissolvable and do not need to be removed. You can remove the protective dressing after 48 hours.

Recovery and return to normal activity

The following is a guide to your recovery after a laparoscopic (key hole) operation. Some people will recover more quickly and others more slowly. Also bear in mind that the recovery after an open operation usually takes about twice as long.

Exercise

Day 1	gently walking, 10-15 minutes twice in the day
Day 2 to 3	longer walks, swimming, putting, light gardening
Day 5 to 7	moderate exercise, jogging, cycling
Day 8 to 10	return to all but very strenuous activity
Days 14 onward	normal activity.

It is not uncommon to have some discomfort on the day after you have increased your activity level. This is normal; it does not mean that there has been any damage. Simply reduce your level of activity for a day or two.

General Surgery Department
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Return to work

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|------------------|---|
| By 7 days | office worker |
| By 10 to 14 days | light manual worker i.e. lifting less than 50 pounds (23kg) regularly |
| By 3 weeks | heavy manual worker. |

Driving

Generally it is best to avoid driving for at least one week or until you are off strong painkillers. It is the responsibility of the driver to ensure that he/she is in control of the vehicle at all times and to be able to demonstrate that this is so, if stopped by the police. After surgery drivers should check their insurance policy before returning to drive.

After discharge when should I seek advice?

You should contact your GP if you experience any of the following symptoms

- your wounds become red and painful
- a bruise becomes larger or there is bleeding from a wound
- increased pain or swelling in your abdomen
- persistent nausea or vomiting
- if you have difficulty passing urine
- fever or chills
- worsening pain or if painkillers do not relieve it
- swelling of your leg, a cough or shortness of breath. These may be from a blood clot. This is less likely to happen if you exercise gently as soon as possible after operation.

Advice for your GP in the unlikely event you have a problem after the operation (this section to be completed by the nurses)

Hospital consultant: _____

Ward: _____

Operation carried out: _____

Comments about the operation: _____

Diagnosis	Indication	Action
Bleeding/perforation	High pulse, low BP, pale/faint, general pain and tenderness	Ambulance to ED
Failure to thrive	Severe pain, poor mobility or appetite, nausea, vomiting	Telephone surgical team on call
Suspected minor problem	Possible wound infection, remaining well beyond 48 hours	Contact responsible team or on-call team at weekend for advice/urgent clinic