

## Gallstone

Gallstone are a relatively common complaint that can cause severe abdominal pain.

Bile is a watery fluid that is made in the liver and stored in the gallbladder. Usually, this watery fluid is concentrated and forms a stone.

Sometimes in the form of fine sludge and sometimes coarse. Gallstones are usually a mixture of fat and cholesterol. These materials are secreted from the liver and stored in the gallbladder.

The gallbladder is a small mass beneath the liver in the right part of the abdomen. The bile moves from the liver to the gallbladder and is stored there until needed. When you eat fatty food, the gallbladder send it in to small intestine.

### Signs and symptoms

- ❖ The stones can move and close the bile duct and cause severe pain in the right Abdomen and after eating fatty food.
- ❖ Rocks cause fever, nausea , vomiting, and infection.
- ❖ If the stones move to the common bile duct and get stuck, it cancause pain and yellowing of the skin.

### Alternative treatment

- ✚ Sometimes dietary changes and antibiotics can help treat temporary infection.
- ✚ Some medications may resolve bile stones incompletely but are not a basic treatment.
- ✚ To control these symptoms, it is necessary to remove the gallbladder.

- ✚ Surgery should include gallbladder removal.
- ✚ Extraction of gallstones is an unscientific and unreasonable process.
- ✚ Surgery is performed in both open (laparotomy) and closed (laparoscopic) procedures, both of which are performed under general or spinal anesthesia.

### What is Laparoscopic Surgery?

Small incisions are made on the abdominal skin.

Sometimes the surgeon may start a laparoscopic operation, but during surgery may realize that it is not possible to continue the operation with the laparoscope. In this case, laparoscopy becomes open surgery because it is for the benefit of the patient.

The benefits of laparoscopy are that abdominal adhesion and postoperative pain are less frequent and hospitalization is shorter. The patient recovers faster and returns to daily activity.

Most patients are discharged one to two days after surgery. After surgery, less is indicated and complications such as wound infection and hernia surgery are less frequent.

### Preoperative Care

7to 10 days before surgery Medications that cause bleeding, such as aspirin, should be discontinued. For surgery midnight before should be not eating and drinking.

Bathing the day before and shaving abdominal area in the morning is done.

## Postoperative Care

- ❖ You should rest in bed for a few hours after surgery until full consciousness and your heart rate and blood pressure normalize.
- ❖ After being transferred from the operating room to the ward, nurse can monitor your condition and, if you have pain, will prescribe by your doctor painkillers as recommended, you may feel pain in the right shoulder after surgery that will be normal and will be relieved.
- ❖ If you are at your doctor's discretion from 12 to 24 hours after surgery, you can walk slowly and, if you do not have nausea or vomiting, start a low-fluid diet.
- ❖ Keep in mind that mobility after surgery is very important to your recovery, and you can even hibernate in the early hours unless your doctor tells to you liedown can slow Prolonged the recovery process if you can't move yourself and ask the nurse to help you.To change your situation or help you on your walk.

### The method of reduction pain

- ✚ Usually, all surgeries are associated with postoperative pain. (especially on the first days after surgery)
- ✚ Most people feel less pain in some situations, so lie down when you feel less pain.
- ✚ Contrary to the common belief that resuming normal activities, especially walking after surgery, can significantly reduce your pain.
- ✚ Most of the time after surgery, simple painkillers are prescribed for you to remember.
- ✚ Arbitrary use of painkillers may have side effects. It can be dangerous.



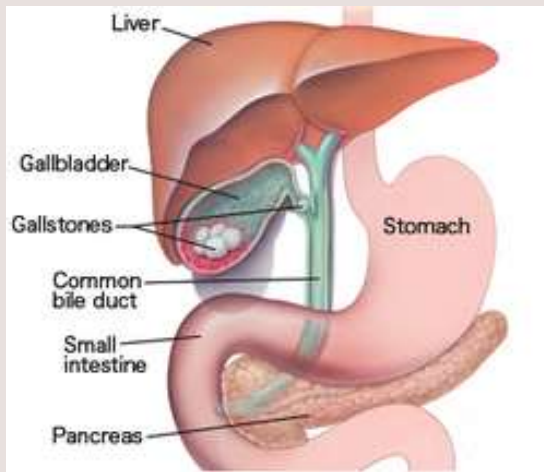
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Patient's Guide

## Self care in gallbladder surgery and Laparoscopy

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### Duration of hospitalization

In laparoscopy, you will be discharged for 1 to 2 days and 2 to 3 days after surgery.

In the case of severe inflammation and infection, it may sometimes be necessary to stay hospitalized for several days.

### Surgical Wound Care

According to your doctor, change the wound dressing every day for 3 to 5 days after discharge. If there is no discharge after 5 days, there is no need to replace the wound. Keep the wound clean to prevent wound infection. Contact your doctor if your wound is too red or swollen.

Your doctor may take a shower for 2 to 3 days after surgery. In the early days, avoid sagging.

In open surgery, avoid activities that stretch your abdomen and wounds (such as lifting weights, straining, or heavy exercise) for up to three months.

In laparoscopy, any activity is permitted when the pain is eliminated.

### Discharge Time Drugs

If you have pain, you may need painkillers. Your doctor may also prescribe an antibiotic after the procedure. Take your medication completely and as directed and do not discontinue it if you have partial recovery. Tell your doctor before taking any medicine.

### Time to suture

Suture removal requires full healing of the wound at the surgical site, depending on your condition and your doctor's opinion. It is usually removed within 8-10 days.

### Start daily activities

Usually resume your daily activities three to five days after your surgery. Ask your doctor about the time to return to work. You can usually go to work seven to ten days after discharge. (Earlier in laparoscopic surgery if you have open surgery for 4 to 6 months when you wake up, use your abdomen regularly.

### Postoperative diet

First, use a low-fat diet. Like plain water, pale tea, natural and dilute sweetened fruit juices (if you don't have diabetes) and soup made with fresh lean, smooth meat. It is best to eat a soft diet for a few days, such as cooked vegetables and mashed noodles, and eventually eat your usual meal if you so desire. Avoid heavy and distend foods for up to a week.

### Warning signs for referral to a physician

- \*Severe pain that cannot be cured by painkillers
- \*Weakness, fever and chills
- \*Vomiting or bloody stool or black
- \*Bleeding from a wound, redness and swelling or discharge from the surgical site
- \*Nausea, vomiting and anorexia
- \*Abdominal distension, severe abdominal

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