



CHOLECYSTECTOMY (LAPAROSCOPIC) PREADMISSION

What you need to know

Your well-being
and comfort are
our main concerns.

Here are our
recommendations for
a speedy recovery.

Cholecystectomy

A cholecystectomy is a surgical procedure to remove the gallbladder. The formation of stones in the gallbladder is caused by an imbalance in the chemical composition of bile. Once your gallbladder is removed, your bile ducts will still allow you to digest food and break down fats.

Laparoscopy is a surgical technique where a laparoscope (tube equipped with a camera) is used to see inside the abdomen. It allows your surgeon to operate without making a large incision. This technique involves less pain and shorter hospitalization and recovery times.

Pain

- Pain or discomfort in the abdominal area for a few days after your surgery is normal.
- Avoid taking aspirin and aspirin derivatives, which increase the risk of bleeding. You can take acetaminophen (Tylenol®). If this does not help, take the narcotic pain killers prescribed by your surgeon.
- You may feel pain or discomfort in your shoulders or chest; this is a side effect of the surgical technique used (laparoscopy) and should disappear within 24 hours after the procedure. Semi-sitting, standing, walking, and applying heat to your shoulders should provide some relief.
- The discomfort may prevent you from clearing your lungs. Five to six times a day, take a few deep breaths, apply pressure to your abdomen, and cough.

Hôpital Barrie Memorial

28, rue Gale, Ormstown
450-829-2321, ext. 3249

Surgery date:

Arrival time:

Go to the reception desk
in Day Surgery.

If you need to cancel your surgery,
call **450-829-2321, ext. 3249** at least
48 hours in advance. Out of respect
for other users, cancellations
are moved to the bottom of the
waiting list.



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Dressing

- If you leave the hospital with dressings, you can remove them the next day or as instructed.
- If you have adhesive skin closures (Steri-Strips), they will fall off on their own in 7-10 days. If you have staples or stitches, you will be given instructions about their removal before you are discharged.

Hygiene

- Once the dressings have been removed, you can take a shower, but be careful not to spray water directly on your incisions. Sponge the incisions rather than rubbing them. Do not take a bath until your stitches or staples have been removed.

Daily activities

- Take it easy. Rest is essential to a speedy recovery.
- Refrain from lifting heavy objects (10 lb. or more) for six weeks.
- The length of your recovery may vary and will depend on your health condition and the type of work you do. Your surgeon will determine when you can return to work.
- You will need to limit your activities for the first week after your surgery. After that, you can gradually resume them at your own pace.
- You can climb up and down stairs. Walking is excellent exercise, and your body needs to move in order to function properly.
- Do not drive for 48 hours after your surgery. After that, depending on how you are feeling, you can drive provided you are not taking pain killers and are able to brake quickly without any pain.
- You can begin having sex again as soon as you feel ready.



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Things to watch for

In addition to possible complications after any surgery, watch carefully for:

- Fever higher than 38°C;
- Redness, swelling, and discharge at the incision sites;
- Persistent pain that is not relieved by medications;
- Constipation accompanied by nausea and vomiting.

Au besoin, consultez :

- **Info-Santé at 811**
- The Day Surgery nurse or receptionist (Monday to Friday, from 7:30 a.m. to 3:30 p.m.), at **450-829-2321**, ext. 3248 or 3249

Diet and bowel movements

Following a proper diet is important to your recovery process.

- A few hours after your procedure, you can start drinking liquids again.
- Gradually resume your regular diet. Eat balanced meals at regular intervals. Choose high-fibre foods, fruits and vegetables, and whole grains.
- Avoid becoming constipated. Do not hold your bowel movements.
- Drink 6-8 glasses of water per day.
- Narcotic pain killers can cause constipation.
- Your bowel movements may be softer and more frequent for the first few weeks. If this lasts for more than two months, let your doctor know.

Get well soon!

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.