Your Operation
1. before your operation

You may be called for a pre-admission visit about a week before the actual date to make sure you are fit and well for the operation.
2. Coming into hospital

You will be asked to come in either the day before or the **morning of your operation** without drinking anything after midnight. You will need to bring all the medicines you are taking to show to the doctor.

You will be met in the ward by a **nurse** who will write down your personal details and ask about any other conditions you suffer from.

You will also be visited by a member of the surgical team that will perform your operation, and the doctor who will give you **anaesthesia**.
CONSENT

You will be asked to sign a consent form that the procedure has been explained to you and you agree to go ahead. It is important that you understand what is going to happen when you have your operation before you sign the consent form.
3. The operation

This is usually performed under **general anaesthesia**.

This puts you to sleep before you have your operation.
Gallbladder surgery is done to treat gallbladder disease.

Gallbladder disease is commonly caused by the formation of gallstones in the gallbladder (cholelithiasis). Gallstones can affect different areas.
Gallbladder Operation

The gallbladder is located in your tummy, on the right side, underneath the liver. The gallbladder aids in the digestion of fat.

You have Gallstones and you need an operation to take away your Gallbladder.
Most gallbladder surgery today is done using laparoscopic surgical techniques.

For laparoscopic surgery there are 4 small cuts that are shown on the diagram.

Through the cuts around your belly button gas is put in to your tummy, to allow good view of the gallbladder.

The camera is then put in and the operation is carried out through the other 3 small holes. The wounds are closed by dissolvable stitches and sticky tapes.
Most patients who undergo laparoscopic cholecystectomy can go home the day of surgery or the next day, and resume a normal diet and activities immediately. Most patients who undergo open cholecystectomy require 5-7 days of hospitalization, are able to resume a normal diet after one week, and normal activities after 4-6 weeks.
Umbilical Hernia Repair

The umbilicus ("belly button") is in the centre of the lower abdomen.
Umbilical Hernia Repair

You have a hernia. An umbilical hernia is a result of weakness in the muscles in or around your belly button. It causes the belly button to pop outwards and can happen at any age.
You need to have the hernia fixed. To do this the surgeon needs to push the contents of the bulge back into your tummy and strengthen the abdominal wall. There are two main types of hernia repair operations - open and keyhole. In most cases, the operation is an open repair, which involves a small cut just below your belly button.
4. Going home

- You may experience some shoulder pain, which is caused by the gas. It usually gets better within a day.

- You will be able to **make a few steps and go to the bathroom** when you recover from anaesthesia and then **walk** the same evening. The earlier you get out of bed and walking the better; however, **for the first week take things easy**.

- It is more likely that you will be **sent home the evening after surgery**; sometimes you may have to remain for 1-3 days.

- **Three times a day take a short walk** [a few hundred meters would do, but more if you wish] to avoid stiffness of the muscles and joints. **Some slight discomfort is normal.**

- In the first week after surgery you may need to take a **mild pain killer**, such as
paracetamol, to relieve discomfort. Sometimes the surgeon may prescribe a stronger pain killer [diclofenac] for the first 3 days.

occasionally, some severe local twinges of pain may occur in some patients and may persist for a couple of months.

7. Return to normal activity?

You can return to work when you feel sufficiently well, generally after a week to ten days.
Questions

1)  
Carole, can you tell me why you are going into hospital?
Carole said:
‘For Gallstones operation and a Hernia’.
Carole was pointing to the correct location on her tummy whilst saying this.

2)  
What are they going to take away?
Carole said:
‘Gallbladder’.

3)  
Why do you think you need an operation?
Carole said:
‘Because of my Gallstones love’ and this’ (pointing to her belly button).

4)  
How will the operation help?
Carole said:
‘Does it hurt?’
I replied:
‘A little bit but they can give you tablets to stop this.’
Carole said:
‘It will make me better’. 
4) 
**What will the doctor do?**

Carole said:

‘Make it better’.

5) 
**What does it mean if you have to have open surgery?**

Carole said:

‘They will cut me open won’t they love and sew me back’.

5) 
**What will happen after you have your operation?**

Carole said:

‘I will be ill won’t I love’

I replied:

I don’t think you will be ill but it might hurt. Is that what you mean?’

Carole said ‘Yes’.

6) Do you want to have the operations?

Carole said ‘Yes’.

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