

## What will happen after surgery?

- ◆ The patient will return to the ward to rest.
- ◆ Pain killers are given to control the pain after surgery.
- ◆ Patients may be allowed to eat or drink after being seen by the doctor.
- ◆ Antibiotics may be given or continued if there are elements of infection.
- ◆ A urinary tube may be left in place temporarily.
- ◆ A temporary tube or "drain" may be placed in the area of surgery which may be seen coming out of the body, depending on the cases.
- ◆ The wound is usually examined 3 days after surgery. Stitches may need to be removed (depending on the stitches used by the surgeon).
- ◆ The patient will be seen again at the clinic for follow-up after returning home.

## When can I return to work or back to normal activities?

- ◆ Patients who undergo "Laparoscopic" surgery can return to work or return to normal activities within 1 or 2 weeks after the surgery.
- ◆ Patients who undergo "open cholecystectomy" can return to work or return to normal activities within 2 or 3 weeks after the surgery.
- ◆ The duration of sick leave will depend on the type of surgery performed.
- ◆ Patients who exercise actively can return to normal activity a month after surgery.

## What food can I eat after surgery?

- ◆ There is no taboo on food that can or cannot be consumed by the patient.
- ◆ However, patients are encouraged to eat a balanced diet and a low-fat diet as part of a healthy lifestyle.
- ◆ Patients may experience diarrhea if too much fatty foods is consumed.

## Other matters arising:

- ◆ Patients can be refer back to their surgeons shall there be any questions or queries. You can contact: -
  1. Dr. Yoong Boon Koon
  2. Dr. Koh Peng Soon
  3. Dr. Koong Jun Kit
- ◆ The Hepato- Pancreatico- Biliary (HPB) surgical unit, UMMC is always willing assist patients at any time.
- ◆ The HPB Surgical Clinic is held every Monday starting 2 pm at: -

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### Disediakan Oleh

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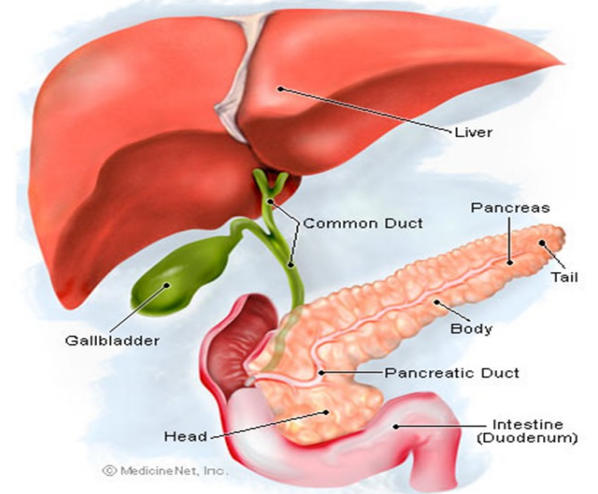
### Sebarang Pertanyaan Sila Hubungi

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# GALLBLADDER SURGERY

## Patient Information

## Function of gallbladder :

- ◆ The gallbladder is an organ located on the right side of the body below the liver.
- ◆ Its function is to store bile produced by the liver where bile helps to digest the fat and oil in the food that we eat.
- ◆ The gallbladder will release the bile, with the help of hormones, when fat or oil is detected in the intestines.

## Gallbladder diseases:

- ◆ The most frequent disease to occur in the gall bladder are gall stones.
- ◆ Gall stones do not require any treatment if it does not cause any problem.
- ◆ Gall stones can cause the following problems: -
  1. Biliary colic- usually patients have pain below their right ribcage. It can be treated with pain killers. If the pain is severe, stronger pain killers and hospital admission maybe required.
  2. Inflammation of the gallbladder or "cholecystitis" - gall stones can cause inflammation or infection of the gallbladder where the patient may experience pain and fever.
  3. Jaundice - gall stones can drop out of the gallbladder into the bile duct, thereby blocking the bile duct, causing jaundice (yellow discoloration of the eyes and skin) . When infection is present, then the condition is known as "cholangitis".
  4. Pancreatitis or inflammation of the pancreas - a serious condition and requires hospitalization for treatment and observation.
  5. Gallstones may obstruct the intestines. This condition is known as "gallstones ileus".

## Other gallbladder diseases : -

1. Cancer of the gall bladder
2. Non-cancerous growths such as gallbladder polyp - there is a risk of the polyp turning cancerous if the polyp is large

## The purpose of gallbladder surgery:

- ◆ The objective of gallbladder surgery is to remove the diseased gallbladder with its gall stones, to treat and to prevent the diseases as mentioned above.
- ◆ Surgery is also recommended for cancer of the gall bladder depending on the stage of the cancer.

## What will happen if gallbladder surgery is not performed ?

- ◆ As mentioned, gallstones that do not cause problems should not receive any treatment.
- ◆ If a patient suffers from the diseases mentioned, there is risk of recurrence and recurrence of the disease, maybe more severe if gallbladder surgery is not undertaken

## Types of gallbladder surgery:

- ◆ "Laparoscopic cholecystectomy" - surgery in which the gallbladder is removed with the aid of a mini camera known as a "Laparoscope"
- ◆ "Open cholecystectomy" - surgery which involves cutting open the abdomen to remove the gallbladder. This is usually done if "Laparoscopic" surgery has failed or in cases of gall bladder cancer involving nearby lymph nodes or the liver.
- ◆ "On table cholangiogram (OTC)" - may be required during surgery for certain cases. X-rays are performed to detect bile duct stones or other diseases that may involve the bile ducts.
- ◆ Surgery for bile duct may be required in certain cases during gallbladder surgery.

## Am I suitable for conventional surgery or "Day Surgery" ?

- ◆ For conventional surgery - patients will require hospitalization the day before the date of surgery where the patient will be examined by an anesthetic doctor. Blood investigations, ECG and chest X-ray will be taken (if necessary). Surgery will be performed the next day if there are no problems. Patients will stay in the hospital a day or two after "Laparoscopic" surgery before being allowed to return home. For patients who undergo "open cholecystectomy", they usually have to stay 3 to 5 days before being allowed to return (depending on the patient's condition).

- ◆ For "Day Surgery" or "Daycare" - patients usually come from home fasted, on the same day of surgery. Patients maybe allowed to return home after being deemed fit by the anesthetic doctor and the surgeon.

\*\* (Please refer to the day surgery unit or your doctor for suitability of day surgery)

## Complications or risks that may occur during and after surgery:

- ◆ Patients should understand that risks and complications can occur in any type of surgery including gallbladder surgery.
- ◆ Risks and complications that may occur in gallbladder surgery include: -
  1. Injury to the common bile duct - rare (1/1500 cases). If this occurs, further surgery may be required.
  2. Leakage of bile from the gallbladder or stump of the gallbladder due to the surgery or a dislodged clip. Further surgery maybe required.
  3. Gallstones falling out of the gallbladder and obstructing the bile ducts. May require other procedures (further surgery or endoscopy).
  4. Injury to nearby organs such as the liver, stomach, and intestines.
  5. "Gas embolism" - very rare
- ◆ Other complications or risks that may occur include allergy to anesthesia, antibiotics or contrast administered; bleeding during surgery or over the wound; infection of the wound, the lungs, the bladder, or the intravenous (IV) lines; blood clots in the legs or " Deep Vein Thrombosis "; chronic pain over the wound or surgical area; heart attack or" stroke "and so on. Death is very rare.