Gallbladder Removal

**Definition:** The most common cause of gallbladder removal is stone formation.

Gallstones are more common in people with:

Women, people over 40, obese people, having multiple deliveries, diabetes, taking oral contraceptive pills

**Stone symptoms:** Pain and stiffness in the upper abdomen that shoots into the back or shoulders, and exacerbation of pain after eating heavy food, (nausea and vomiting and jaundice) are seen in a small number of patients due to accumulation of bile.

Gallbladder removal is performed in two ways: closed (laparoscope) and traditional (surgical incision on the upper abdomen).

**Necessary postoperative care:**

- Pain or discomfort in the right shoulder after laparoscopic surgery is due to the injection of gas to inflate the abdomen during the operation and improves with walking (of course, the patient should walk about 6 hours after the operation and with a doctor's order).
- If the patient has pain at the surgical site during the transfer, he or she can reduce the pain by placing a pillow on the wound or using a bandage.
- Loose stools may be present 1-3 times a day. The frequency of defecation decreases after a few weeks.
- In Laparoscopic surgery, the patient can take a shower after 1-2 days. However, in traditional surgery, due to the presence of stitches, you should take a shower according to your doctor’s order.
- Patients who have traditional gallbladder surgery usually need to visit a doctor 10-14 days later to have the sutures removed.

**Postoperative diet:**

- In laparoscopic surgery, if there is no nausea and vomiting after 6 hours of surgery and with the doctor's instructions, filtered fluids can be used to start the diet and the diet should be gradually changed to pre-surgery diet.
- You can use a normal diet at home and not eat bloated foods (cucumber, lettuce, cabbage, horseradish, beans) and high fat.
- The liquids you use must not be carbonated and it must be low in fat.
- It is better to have a wound dressing at home. And sterile dressing should be changed daily or every other day.
- Avoid lifting more than 4.5 kg of heavy objects for 1 week.
- You can resume other daily activities after 1 week.
- Laparoscopic surgery does not require a dressing at home.
Refer to hospital if you have these symptoms: nausea, vomiting, severe abdominal pain, fever for more than 2 consecutive days, redness and severe pain in the area of operation and secretions from the sutures

In traditional surgery, the surgical incision site should be examined for bleeding or suture opening. Be sure to refer to the hospital if you bleed from a wound or have abdominal pain or stiffness at home.

There may be some postoperative nausea or anorexia that improves within a day after surgery.