

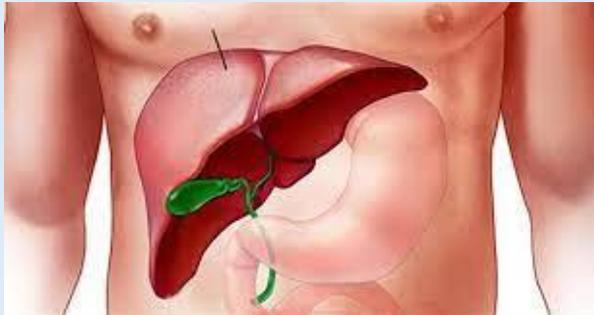


Bohloul Hospital

Allameh Bohloul Gonabadi Hospital

What is Cholecystitis

Information booklet for patients



SCAN ME



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What is a gallstone?

Bile is a liquid made in the liver and stored and concentrated in the gallbladder until the body needs to digest fats.

At this time, the gallbladder contracts and pours the bile through the bile ducts into the small intestine, where the bile helps digest fats.

How are gallstones formed?

Gallbladder stones are crystalline bodies that are formed due to the hardening and condensation of normal and abnormal components of bile.

What are the symptoms of gallstones?

Many people with gallstones have no symptoms (25%).

The pain starts due to blockage of the bile duct (cystic duct) and usually after eating heavy and fatty food and lasts for 30 minutes to several hours and then recovers.

These pains are felt in the upper part of the abdomen and under the right end ribs and spread to the shoulder and right shoulder or around the stomach.

Other symptoms of gallstones include:

- Nausea and vomiting
- Jaundice
- Fever & Chills
- gray stool
- Bloating
- Indigestion

Diagnostic measures can:

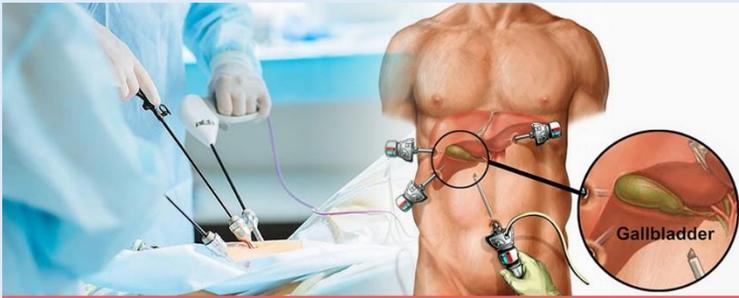
- blood test
- CT Scan
- MRI
- Gallbladder ultrasound.

Treatment is done in two ways:

Laparoscopy:

Cholecystectomy (removal of the gallbladder) is the treatment of choice for gallstones and acute inflammation of the gallbladder. Laparoscopic cystectomy is now better than open cystectomy. In this method, several small incisions are made on the abdomen and surgical instruments are inserted through them, and a very small video camera is used to take pictures inside the abdomen and a closed view of the organs and tissues is transferred to the monitor.

While looking at the monitor, the surgeon uses these devices to accurately separate the gallbladder from the liver, ducts and other structures.



Open surgery:

In some cases, surgery is planned based on the doctor's diagnosis, in which the surgeon makes a 12 to 20 cm incision in the abdomen to remove the gallbladder. This is considered a major surgery. About 5% of gallbladder surgeries require open surgery.



Preparation before cholecystectomy

- If you have a disease, history of heart attack, stroke, blood pressure, diabetes, severe lung diseases and asthma, inform your doctor.
- Before surgery, it is necessary to consult for preoperative assessment and anesthesia tolerance.
- The type of drugs prescribed for different reasons may interfere with surgery and anesthesia, so it is better to inform your doctor about all the drugs you are taking.
- If you are taking warfarin, aspirin, Plavix, inform your doctor.
- Fast 8 hours before the procedure.
- Metal items (headpieces, jewelry, artificial teeth, etc.) must be removed.
- It is necessary to observe personal hygiene.
- The day before the operation, one should take a bath, shave the excess hair on the abdomen and wash the navel.

Postoperative care:

- The time required for full consciousness is different for different people and is on average one to three hours. During this time, the patient's room should be quiet so that the ward nurse can control the patient's vital signs.
- The patient may vomit, so inform your nurse immediately.
- Six to eight hours after the laparoscopic surgery, according to the doctor's order, the patient is usually given liquids such as water, tea, fruit juice, and compote juice, and if he can tolerate it, the patient is given a normal low-fat soft diet.
- Take a deep breath so that you don't have a lung problem, and when you cough, hold the operation site with your hand to prevent pain.
- In order to start the activities, it is recommended to start the walking activity immediately after being fully awake.

- To walk, first sit on the edge of the bed with help and walk with help if you are not dizzy or nauseous, because lying down for a long time will delay your recovery.
- 1-2 days after discharge, you can go to the bathroom and take an ambulatory shower, wash and dry the operation area
- On the first day after discharge, consume liquids and soft food, and from the second day, if you do not feel bloated, you can eat normal food.
- After removing the gallbladder, use a diet containing protein and carbohydrates such as rice, pasta or bread, cooked fruits and boiled potatoes.
- Avoid eating bloated and high-fat foods after the operation.
- It is recommended to eat a high-fiber diet for one week after surgery to prevent constipation, and to eat fruits and vegetables.
- Over the next 4 to 6 weeks, slowly introduce fat into the diet, the best way to provide fat is to use vegetable fats, lean meat, low-fat milk and fish.
- In most cases, you will be discharged on the first day after the operation.
- You can drive after 3-4 days, it is better not to travel alone for a week.
- You can have normal activities from the fifth day after the operation
- It is better not to have sexual activity for a week.
- If you wish, you can return to work one week after the operation, and the period of sick leave after gallstone laparoscopy is 2 to 3 weeks.
- It is better to avoid lifting heavy objects for several months.
- You may complain of pain around the navel after laparoscopy, which is due to your mobility.
- Take prescribed medicines regularly and visit the doctor on the appointed date.

- Ask your nurse and doctor any questions you have before discharge.

Attention:

If you see any changes in the surgical site such as:

In case of symptoms of inflammation and infection, such as:

fever above 37.7 for more than two consecutive days, redness, swelling and hardening of the operation site, yellow and foul-smelling secretions, and sensitivity and pain around the surgical wound.

If you have persistent abdominal pain, especially if it gets worse over time.

Severe nausea or vomiting

Jaundice (yellowing of the skin and eyes)

Lack of bowel movement and no bowel movements for more than three days after surgery

Inability to pass gas more than three days after surgery

Frequent diarrhea that lasts more than three days after surgery.

See your doctor immediately.

Take the medicines prescribed by the doctor at home according to the prescribed hours.

In case your surgery was done with an open method, within 7 to 10 days after the operation, go to the emergency room or your doctor to remove the stitches.