

# General Surgeries Patient Information Pamphlet

## **Laparoscopic Surgery is:**

A “minimally invasive” technique that allows your surgeon to complete surgery through several small incisions compared to one incision in an open approach to surgery. These incisions measure 0.5 cm to 1 cm in length allowing a camera (laparoscope) and specialized surgical instruments to enter the abdomen. The abdomen is filled with carbon dioxide gas to provide the surgeon with a viewing and working area. Overall, the recovery time is shorter if surgery can be performed laparoscopically. Your surgeon will make the decision of which option is best for you.

## **What is a:**

### **Laparoscopic Appendectomy**

Appendectomy is surgery done to remove the appendix. For the laparoscopic method the surgeon will make 3 or 4 very small incisions in the abdomen. One incision is used to put gas and the camera into the abdomen so the doctor can see the appendix well. Instruments are put into the other incisions to remove the appendix.

### **Laparoscopic Cholecystectomy**

A surgical technique used to remove your gallbladder. The surgeon will make 4 small incisions, one at the belly button, one in the upper abdomen and two just under your ribs on the right side. One incision is used to put gas and the camera into the abdomen so the doctor can see the gallbladder well. Instruments are put into the other incisions to remove the gallbladder. The gallbladder is removed through the incision through your bellybutton.

### **Hernia Repair (with or without mesh)**

A hernia occurs when tissue bulges out through an opening in the muscles. Any part of the abdominal wall can weaken and develop a hernia, but the most common sites are the groin (inguinal), the navel (umbilical) and a previous surgical incision site.

#### Open Hernia Repair:

An incision is made near the site of the hernia and the bulge is corrected with mesh or by suturing (sewing) the muscle closed.

#### Laparoscopic Hernia Repair:

The hernia is repaired by mesh or sutures inserted through instruments placed into small incisions in the abdomen.

## **Special Instructions for Laparoscopic Surgery:**

Many patients experience mild to moderate shoulder pain after laparoscopic surgery. This discomfort can last from 24 to 72 hours. The cause of this discomfort is due to carbon dioxide gas irritating the nerves found in this area of the body.

## **What is a:**

### **Pilonidal Sinus Surgery:**

Pilonidal sinus is a small hole or tunnel in the skin at the top of the buttocks where they divide. Surgery is required when this small hole or tunnel becomes infected and is causing pain.



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## Rectal Surgeries:

### What is a:

**Hemorrhoidectomy**

Small incisions are made around the anus to remove the hemorrhoids. You may experience some tenderness around the incisions after surgery.

**Anal Fissure**

A tear in the lining of the anus, the opening where your bowel movements come out. Anal fissures cause pain, especially during a bowel movement.

**Anal Fistula**

A pus-filled lump in the anus. It happens when a gland inside the anus becomes infected.

### **How to Prepare for Post Procedure/Operative Expectations:**

- Please discuss with your surgeon if you need to stop specific medications such as diabetic or blood thinning medications and when to restart after your procedure.
- Discuss with your surgeon when you can expect to return to work, dressing/incisional care and activity precautions.
- Please come prepared the day of surgery with a responsible adult to pick you up, stay and remain with you at home for 24 hours. You will not be able to drive for a minimum of 24 hours, or longer if you are taking certain prescribed medications for pain, or until your surgeon clears you to drive. You may also need to arrange transportation to outpatient clinics for surgeries requiring community care in the days or weeks following your surgery
- Pain can be expected during your recovery time, and everyone experiences pain differently. You will be provided with directions on how to manage your pain at home.

### **References:**

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John Hopkins Medicine. *Appendectomy*. Retrieved July 2019 from [www.hopkinsmedicine.org/health/treatment-tests-and-therapies/appendectomy](http://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/appendectomy)

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