



Royal Berkshire
NHS Foundation Trust

Advice following laparoscopic (keyhole) abdominal surgery

Adult Day Surgery Unit

Introduction

This leaflet gives advice for patients and relatives on possible side effects and complications following laparoscopic (keyhole) surgery and tells you what to do if you experience any of the symptoms.

Laparoscopic abdominal surgery has many benefits for patients – in particular, a rapid and less uncomfortable recovery with a more speedy return to work. There are also smaller scars and fewer post-operative chest and blood clotting complications in comparison to open surgery.

What are the possible risks/complications of laparoscopic abdominal surgery

In rare incidences, part of the intestines or a blood vessel may be accidentally damaged. These injuries may not be seen at the initial surgery and the effects may not become apparent until 1-5 days following surgery.

The most notable symptoms of these unintended complications are: severe abdominal pain, a high temperature (greater than 38 °C), a very rapid pulse (quicker than 100 beats per minute), feeling faint or fainting on standing from a lying position, and difficulty in breathing.

If you experience any of the above symptoms, please seek urgent medical advice from your GP or go to the nearest Accident and Emergency Department.

What to expect following laparoscopic surgery

Following laparoscopic surgery it is common to experience some minor discomfort at the site of the small entry wounds and some stiffness in the abdominal wall. You may also have an ache or discomfort in your neck or shoulders due to the gas used to inflate your abdomen during the operation.

These symptoms will usually disappear within one or two days.

We advise you to take your normal painkillers, such as Paracetamol or Ibuprofen, following the dosage instructions on the packet. If your surgery requires stronger pain relief, this will be provided before you leave hospital. To learn more about your medicines, including possible side effects, please read the leaflet that comes with each medicine. If you have any concerns or queries about your medication and any side effects, please call the ward or ask before you leave hospital.

When to seek medical advice

If you experience any of the following symptoms once you have left hospital it is important that you contact either the ward from which you were discharged, your GP, or your nearest Emergency Department (A&E) for advice:

- Increasing abdominal pain that is not controlled by painkillers.
- Problems passing urine.
- Painful bloated abdomen.
- Fevers or chills.
- Nausea or vomiting.
- Increased bleeding or redness around the wound site.
- Reduction in appetite.
- Pain, redness or swelling in either calf.

Before leaving hospital please make sure you have a copy of your discharge letter – please remind your nurse if you haven't got it. The information in the letter may be important if you need to contact the ward or A&E outside normal working hours.

During the first 24 hours following your discharge

If you have any further concerns about your surgery, please telephone the ADSU: 0118 322 7622. Fax: 0118 322 8214

Opening hours are 7.30am to 10.00pm Monday-Friday, 7.30am to 4.00pm Saturday. If you need help/advice outside these hours, please telephone the Royal Berkshire Hospital switchboard on 0118 322 5111 and ask for the on-call surgery doctor. Please note that this should be for emergencies only.

After 24 hours, please seek advice from your GP.

For further information about the Trust, visit our website
www.royalberkshire.nhs.uk

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This document can be made available in other languages and formats upon request.

Adult Day Surgery Unit, January 2019

Review due: January 2021