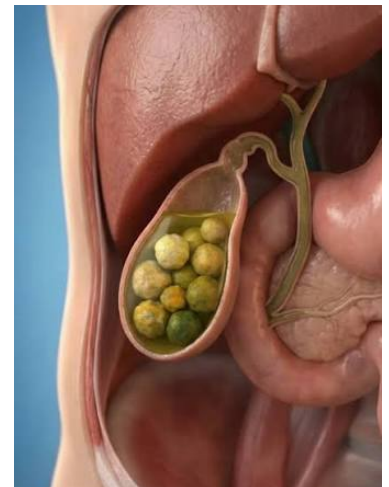




Robotic Assisted Cholecystectomy (Gallbladder Removal)

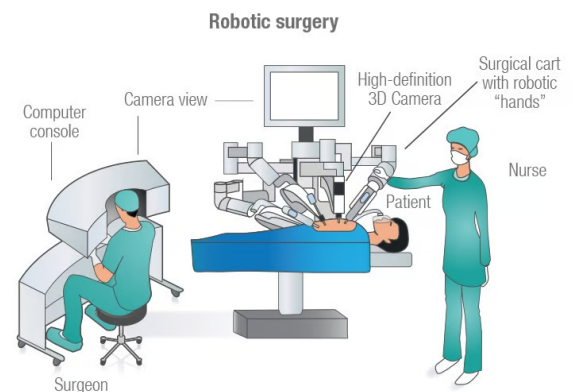
Understanding Your Gallbladder

- The Gallbladder is an organ attached loosely to the liver. It stores extra bile in preparation of large fatty meals.
- Concentration and slow transit of bile leads to formation of stones. Stones can cause inflammation, infection and obstruction of the gallbladder duct (cystic duct).
- While your gallbladder has a purpose, your body can function normally without it.



What Is a Robotic Operation?

- Robotic surgery is a type of laparoscopic operation (small incisions). Every movement by the robot is controlled by the surgeon at the console. The robot does not operate or even move independently.
- The surgeon is present in the room and within a few feet from the patient
- The robotic console provides better visualization, 3D HD cameras, and better instrument stability.



Before Your Surgery

- No food or drink after midnight unless otherwise instructed
- The following medications usually need to be held before the operation.

- Anticoagulation (Aspirin, Brilinta, Eliquis, Coumadin, Plavix, Xarelto, ect). Discuss specifics with your surgeon and staff.
- Shower the night before or morning of surgery
- Wear loose-fitting clothing
- Arrange transportation home. Someone will need to stay with you the night of the operation.

After Your Surgery

- Walk frequently beginning the day of surgery
- Advance diet as tolerated; initially choose lighter meals
- No lifting over 10–15 pounds for approximately three weeks (or as directed)
- Keep incisions clean and dry.
 - You may shower the day after surgery
 - Do NOT soak the incision in water (pools, tubs, baths, ect) for 3 weeks
- Most patients return to desk work within several days and more strenuous activity in 2–4 weeks, depending on recovery

Diet

- After your operation, a low-fat diet is recommended.
- Foods high in fat can cause bloating and diarrhea, which usually improve or resolve within 6 weeks to 6 months.
- While bloating and diarrhea can be inconvenient, they are not a sign of a complication with the operation.
- Gradually increase your diet as tolerated, starting with lighter meals.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
Total Fat 12g	
Saturated Fat 3g	
Trans Fat 3g	
Cholesterol 30mg	
Sodium 470mg	
Total Carbohydrate 31g	
Dietary Fiber 0g	
Sugars 5g	

Normal After Surgery

- Mild shoulder discomfort from the gas used during surgery. Resolves after 48h
- Mild bloating that can last for 1-2 weeks (abdominal distention)
- Fever greater than 101.5°F (38.6°C)
- Temporary loose stools. Usually provoked by fatty foods.

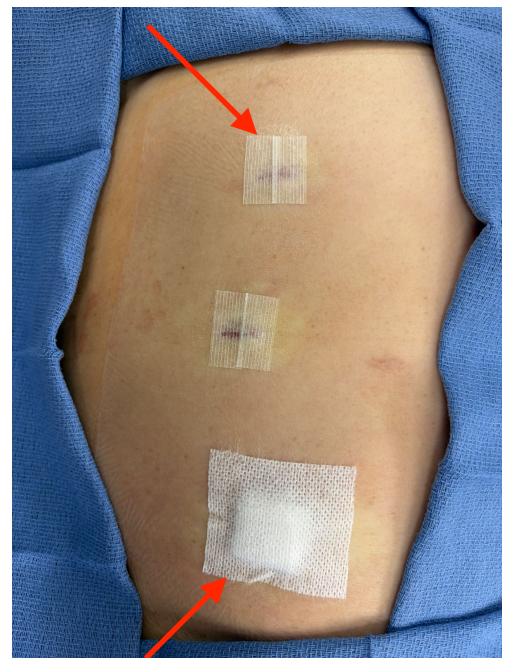
Incisions

- Bruising around the incisions is normal
- One incision usually hurts more than the other incisions, this is normal. This is the incision where the gallbladder is removed from the body and often is sutured closed at the muscle. This tenderness generally resolves by 6 weeks
- You will feel a bump under each of the incisions. This is scar tissue and will soften and flatten after 1-2 months. This is normal.

Bandages

- STERI-STRIPS:
 - The top layer of bandages can be removed after 24 hours. This is a large square of tape. Underneath this bandage are smaller bandages called stern-strips
 - Steri-strips will usually fall off after 10 days. If they have not fallen off after 14 days, peel them off yourself.
 - You can shower with stern-strips in place.
- DERMABOND
 - This is a thin layer of glue over the incision. It will flake off after 7-10 days but it can also require gentle removal with your fingernail after 14 days.

Steri-Strips



Top layer - bandage/gauze

Constipation

- Constipation is common after general anesthetic and during the use of pain medication.
- If you do not have a bowel movement within 48h after your operation, take laxatives
- Mirilax 17mg powder twice daily until constipation has resolved

Physical Restrictions

- Do not lift anything over 10 pounds for 3 weeks after your operation

- Do not exercise within three weeks of your operation
- After 3 weeks, you can begin light cardiovascular exercise, and increase your activity as tolerated
- In many cases, patients feel discomfort with activity for up to 6 weeks. Please be patient with your post-op pain. It resolves in all cases.

Call JRK Surgical If You Experience

- Fever greater than 101.5°F (38.6°C)
- Increasing redness, swelling, or drainage from an incision
- Persistent nausea or vomiting
- Worsening abdominal pain
- Yellowing of the eyes or skin (jaundice)

Seek Emergency Care Immediately For:

- Chest pain
- Shortness of breath
- Heavy bleeding
- Loss of consciousness

Youtube Videos of Similar Operations:

- Simple Cholecystectomy
 - <https://www.youtube.com/watch?v=XAA1xeAY2Lc&t=23s>
- Cholecystectomy with Cholangiogram (flushing the duct to look for gallstones)
 - https://www.youtube.com/watch?v=Z6_GPwhEJTI
- Severe inflammation and infection for cholecystitis
 - https://www.youtube.com/watch?v=_4Aeawh9flc