

FITZPATRICK HOUSE
134 Guthridge Parade
SALE VIC 3850
Ph (03) 51 444555
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Mr Adrian P. Aitken

M.B.B.S., Ph.D. (U.N.S.W.), F.R.A.C.S.
GENERAL SURGEON

 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL
286 Maryvale Rd
MORWELL VIC 3840
Ph (03) 51 321200
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE
122 Day St
BAIRNSDALE VIC 3875
Ph (03) 51 503333

INSTRUCTIONS AFTER A GALL BLADDER OPERATION (OR CHOLECYSTECTOMY)

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

Keep the dressings clean dry and intact until review but they may need to be changed in 2-3 days if bloodstained or damp. A damp, wet or blood-stained dressing causes a wound infection. Do not shower, keep the wound clean and dry. Contrary to popular belief waterproof dressings are not really waterproof. You can undertake general daily hygiene measures using a flannel.

If the dressings get wet or dirty change the dressings with identical or similar dressing material that you can obtain from a chemist.

If bleeding occurs lie down and press on the wound with a wad of clean Kleenex tissues. The bleeding will stop.

Take Panadol or Panadeine, 2 tablets 4 hourly as required. The need for pain relief should taper off within 5-7 days.

You may have been given a prescription for antibiotics. Take these as directed.

No driving a car for about 2 weeks until you are told you can.

No swimming either until you are told you can.

No strenuous activity such as gym and long walks.

Lift nothing 'heavier than a remote control or a magazine' until your review appointment.

**IF A PROBLEM OCCURS,
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**