

## What happens next?

### After Surgery

#### Recovery

From the night of your surgery, your recovery will begin.

Physiotherapists, nutritionists, surgical nurses and the pain team all aim to help you recover. The surgical doctors will review you daily.



#### Stoma Care

If your bowel is in serious danger during surgery we'll create a stoma (with a bag that your bowel empties into). If this happens, the stoma nurse will visit.



#### Goals

We aim to aid recovery and get you home as soon as it's safe. Help yourself by functional movements, getting out of bed to sit in a chair, and walking. Nutrition is vital to recovery. The surgeon will tell you when you can eat and drink.



## What matters to you?

**Consider writing down the things that are worrying you...**

A few examples:

- Why did this happen to me?
- Why is my tummy still hurting?
- When can I eat?
- Could this happen again?
- Will I be able to drive?

# Emergency Abdominal Surgery

## Your Stay in Hospital

**Information for Patients  
Families and Carers**

**Western General Hospital**

**ELLSA**  
Emergency Laparoscopic  
& Laparotomy Scottish  
Audit

## Questions

### Before Surgery (if possible)

#### What is it and why?

Surgery to work out what is causing your abdominal pain.



#### Is it risky?

It is serious and there can be complications. But most people end up with a good quality of life.



#### What tests will I get?

You will get blood tests and possibly a CT scan of your abdomen.



#### How is the decision made?

Once test results are back, your surgeons will discuss treatment options with you. If surgery is an option, anaesthetic doctors will visit you near the time of the operation. You can involve family and friends in any discussions. If you agree to have surgery, you will sign a consent form.



## The procedure

### Surgery and Immediately Afterwards

#### Going for surgery

Before surgery, a checklist will be completed by the ward nurse. The anaesthetic and theatre nurses will then meet you in the theatre suite and confirm the checklist.



#### Straight after surgery

You will wake up with the recovery nurse who will look after you for the next few hours. They will help you with any pain or discomfort. You may be sleepy as the anaesthetic wears off.



#### Transfer

When the recovery nurse is happy with your progress you will be moved to a ward. This will likely be high dependency or intensive care depending on your needs.

