

# Emergency Laparotomy Surgery

An emergency laparotomy is an operation involving an incision (cut) on the abdomen (tummy) under a general anaesthetic to treat potentially life threatening conditions.



**Medway**  
NHS Foundation Trust

## 4. Recovery

- **Pain management** - pain relief options will be discussed with you by your anaesthetist and may include an epidural, medicine through a drip, or orally
- **Eating and drinking** - the bowel can be slow to get going, you will have daily tailored advice
- **Breathing exercises to prevent infection** – the physiotherapists will help you with this
- **Exercise** - You will be encouraged to get up and out of bed; it is an important part of your recovery and helps prevent complications



## 5. Going home

When you are ready for home your aftercare will involve:

- Follow up appointment
- Wound care advice
- Pain relief if needed
- stoma care if needed
- further appropriate information on exercise / driving / long term recovery
- Support group contact and details

## 1. Preparation

- You will meet your team who will be looking after you
- Your surgeon will explain to you what surgery you will have,
- Your anaesthetist will explain what pain relief you will have, this may include an epidural
- You may have drips put in and pain relief should be offered to you before surgery by the nursing staff
- You will have a CT scan and blood tests to help the surgeon to decide what to do



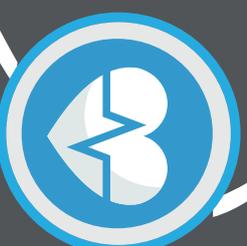
## 3. Immediate post-operative care

- Initially you will go to a high dependency ward for close monitoring
- You may have an oxygen mask, and will have various tubes attached to you. Your team will explain these to you
- Your team will talk to you about the operation once you are awake enough



## 2. Operation

- You will go to the anaesthetic room to go to sleep before entering the operating theatre
- The surgeons will make a large cut to look inside your abdomen, to treat the problem
- The anaesthetist will ensure your pain is managed once you are awake



**Best of care**  
Best of people