

Gallbladder removal (Cholecystectomy) – Post-Operative instructions

Removal of gallbladder is considered as the best way to treat gallbladder problems. Along with the removal of gallbladder the patient will experience relief by changing the diet and practicing few post-operative instructions.

Confirm your postoperative visit 10 days after surgery.

Steps For Caring The Wound After Surgery:

- Remove the bandage, if any, after 24 hrs of surgery, leaving the steri-strips as they may fall off on their own.
- The skin glue that is used to seal your surgical incision helps in dissolving the sutures. The glue strengthens your sutures and makes your incision waterproof so that you can take a shower.
- You can take a shower only after 24 hrs of surgery. After the bath, dry the surgical incision and cover with gauze, if required. Do not soak yourself or swim within 14 days of the surgery.
- During the first 24 hrs of surgery, you may use an ice bag for swelling and later heat-pad, if needed.
- You may observe a knot under your surgical incision for several months after surgery.
- Take antibiotics as prescribed by the doctor.

Diet After Gallbladder Removal

You must be restrictive on your diet after surgery. Instead of switching on to fatty and spicy food after surgery, it is advisable to slowly increase the content of fat and spices in your daily meal. In case of indigestion or nausea, resume a bland diet so that your digestive system may get enough time to cope up. You may contact us if the situation worsens.

Plan Your 6 Weeks Post- Gallbladder Removal

- Walk regularly and the more you can.
- Do not do any strenuous exercises that may create tension in the abdomen.
- Do not hold more than 20 pounds of load.
- Running and biking can be done at your convenience.
- Avoid driving until you recover from pain.
- Avoid prolonged bed rest.

Handling Constipation and Bloating

- Increasing activity helps in reducing your bloating.
- Drink plenty of water, especially morning to overcome constipation.
- Use a suitable stool softener such as mineral oil or a laxative.

Contact Us If:

- You have a temperature of 100.5 degrees or higher.
- You have developed unusual symptoms at the surgery place, which may include bleeding, redness, tenderness, etc.
- Your skin or eyes are turning yellow.
- You are experiencing shortness of breath.

Refilling Medication:

Please contact the pharmacy directly. The refills are expedited when the pharmacy is contacting our office.