

# Post-Operative Discharge Letter: Gallbladder Removal (Cholecystectomy)

**Patient Name:** [Insert Name]

**Date of Surgery:** [Insert Date]

**Surgeon:** [Insert Surgeon Name]

## 1. Wound Care

Keep the incision sites clean and dry. You may remove the outer bandages after 24-48 hours. If you have Steri-Strips (small white tapes), leave them in place until they fall off on their own or until your follow-up appointment.

## 2. Diet

Start with clear liquids and gradually move to solid foods as tolerated. It is recommended to avoid heavy, greasy, or spicy foods for the first week to prevent digestive upset.

## 3. Activity

- Walk frequently to prevent blood clots and help with gas pain.
- Do not lift anything heavier than 10 pounds (4.5 kg) for the next 2-4 weeks.
- Do not drive until you are no longer taking narcotic pain medication.

## 4. Pain Management

Take prescribed pain medications as directed. Over-the-counter options like Ibuprofen or Acetaminophen may be used if approved by your doctor. Shoulder pain is common after laparoscopic surgery due to residual CO2 gas; walking helps relieve this.

## 5. When to Call the Doctor

Contact your surgeon or seek medical attention immediately if you experience:

- Fever over 101F (38.3C).
- Yellowing of the eyes or skin (jaundice).
- Increasing redness, swelling, or foul-smelling drainage from incisions.
- Severe abdominal pain that is not relieved by medication.
- Persistent nausea or vomiting.

## **6. Follow-Up Appointment**

Your follow-up visit is scheduled for: **[Insert Date/Time]** at **[Insert Location]**.

Signed,

[Doctor/Hospital Name]  
[Contact Phone Number]