

Dietary Recommendations After Gallbladder Surgery

Dear [Patient's Name],

Following your recent gallbladder surgery, it is essential to adhere to specific dietary guidelines to promote healing and ensure your digestive system functions effectively. Below are the recommendations:

Immediate Post-Op Diet (1-3 days)

- Clear liquids (broth, clear juices, gelatin)
- Gradually introduce bland foods (rice, toast, applesauce)

Soft Diet (4-7 days)

- Incorporate low-fat dairy products
- Avoid spicy, fatty, or fried foods
- Choose cooked vegetables and fruits

Long-term Diet (After a week)

- Focus on a balanced diet rich in fruits, vegetables, and whole grains
- Limit saturated fats and sugar
- Stay hydrated with plenty of water

Remember to listen to your body as you reintroduce foods, and consult your healthcare provider if you experience any discomfort or have further questions.

Best wishes for a smooth recovery!

Sincerely,

[Your Name]

[Your Title]

[Your Contact Information]