

Post-Operative Care Instructions

Dear [Patient's Name],

We hope this message finds you well. Following your recent gallbladder surgery on [Date of Surgery], we have prepared some important post-operative care instructions to ensure your recovery is smooth and successful.

Medication

Please take your prescribed medications as directed. These may include pain relievers and antibiotics. If you experience any adverse effects, contact our office immediately.

Diet

Start with clear liquids for the first 24 hours. Gradually reintroduce solid foods, avoiding fatty or spicy foods for at least two weeks.

Activity

Rest is crucial during your recovery. Avoid strenuous activities and heavy lifting for at least four to six weeks. Light walking is encouraged.

Wound Care

Keep your incisions clean and dry. Monitor for signs of infection, such as increased redness, swelling, or discharge.

Follow-Up Appointment

Please schedule a follow-up appointment within two weeks of your surgery to monitor your recovery progress.

If you have any questions or concerns, do not hesitate to contact our office at [Office Phone Number].

Wishing you a smooth and speedy recovery.

Sincerely,
[Your Name]
[Your Title]
[Your Clinic/Practice Name]
[Contact Information]