

Cholecystectomy: Returning Home

After your cholecystectomy, it's normal to feel weak and tired.

Your belly may feel swollen, or you may have gas or diarrhea or need to burp a lot.

You might also have some shoulder pain, depending on the surgery.

It can take a few weeks or longer to get better.

Follow any instructions you were given about activity, diet, or medicines.

Here are some key things to help you avoid problems.

Get plenty of rest. But also get some activity, like short walks. And try to do more as you start feeling better.

While you're still healing, follow any instructions you were given about driving.

And avoid strenuous activity or lifting.

It can help to eat smaller meals more often. For an upset stomach, try eating lightly seasoned, low-fat foods for a while— things like plain rice, boiled chicken, toast, and yogurt.

Taking a fiber supplement or eating foods that are good sources of fiber can also help.

Try foods like apples, carrots, potatoes, nuts, beans, and whole grains.

Be sure to get enough fluids. Drink water, if you're thirsty.

Follow any instructions you were given about how to care for your incisions, and when you can shower or bathe.

Watch for any problems, and call your doctor if you have problems such as bleeding or an incision that comes open.

Call if you have signs of infection, such as increased pain, swelling, warmth, or redness; red streaks leading from an incision; pus draining from an incision; or a fever.

Be sure to call your doctor if you have any questions.

Taking good care of yourself after surgery can help you avoid problems and heal sooner.