

Dipika Kakar returns home after surgery to remove cancerous tumour, says could finally wash hair after 12 days: 'Pura nahi naha paayi par...'

"Bahut hi acha khud ko feel ho raha hai," shared Dipika Kakar

By: [Lifestyle Desk](#) 5 min read New Delhi Updated: Jun 19, 2025 04:52 PM IST



Dipika Kakar has recovered from liver cancer (Photo: Dipika Kakar/Instagram)

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Dipika Kakar is home and enjoying some much-needed family time after undergoing a 14-hour-long surgery to remove a cancerous tumour. Sharing glimpses of the family at home, her

husband and actor Shoaib Ibrahim posted a video of the [couple](#) playing with their almost two-year-old son Ruhaan. During the vlog, Dipika, 38, while showing some rashes on her neck, said, “*Pura nahi naha paayi par sarr dho paayi aaj 12 dino ke baad. Bahut hi acha khud ko feel ho raha hai.* (I couldn’t fully bathe, but could wash my hair after 12 days. It feels much better.)”

Shoaib, humorously pulled her leg, showcasing a messy bedroom, saying, “*Dipi is back...Jahan aapko saaman phaila hua dikh jaaye toh samajh jao, Dipi waapis aagayi hai.* (Understand Dipika is back whenever there is a messy room). While Dipika initially shared, “*Dekho, yeh sab maine nahi giraya hai...yeh sab Ruhaan ka kaam hai.* (I didn’t mess up the room...all because of Ruhaan)...She later admitted, “*Aaj toh living room dekh kar bhi lag raha ki Dipika is back*” (It truly feels like I am back looking at the state of the living room).

“*Maine bola na...ghar ke haalat dekh kar hi lagta hai Dipika is back* (I told you, right? When you see the home, you realise she is back)”, laughed off Shoaib.

Later, he admitted that the family tried to normalise the home environment to aid her recovery as soon as possible. “We have tried our best to maintain a light, happy environment at home. It was shocking to come to terms with the diagnosis. The surgery day and the following three days of intensive care unit stay were heavy, but once she was back, I kept her entertained and eased out the situation. It’s a long journey ahead. Dipi is strong, and she will overcome it. We and you are with her,” said Shoaib.



Taking a cue from Dipika's admission, let's understand how to wash hair after a major surgery, and how a positive environment at home can help.

Dr Shareefa Chause, a dermatologist at Dr Shareefa Skin Care Clinic in [Mumbai](#), said that after liver cancer surgery, taking care of your body during recovery is essential, including routine activities like hair washing. "Although the liver is in the abdomen, post-surgical weakness, fatigue, and general healing demand extra caution. It is necessary to exercise caution while washing the hair," said Dr Chause.

One should follow specific [guidelines](#) when washing one's hair. "Avoid bending forward while washing your hair to reduce strain on your abdomen. Use a chair and lean back, or get help if needed. Prevent infections by ensuring your hands and scalp are clean before and after hair washing," said Dr Chause.

Dr Chause advised using mild, non-fragrant shampoos as the body might be sensitive to strong smells or chemicals post-surgery. "Rest afterward and don't combine hair washing with other [tiring activities](#). Ask someone to assist you in the first few weeks, especially if you feel weak or dizzy. Always follow your surgeon's post-operation care instructions and avoid exerting yourself unnecessarily," said Dr Chause.

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Your priority should be your health. So, it is better to consult an expert before beginning routine activities like hair washing, too, said Dr Chause.

Likewise, a positive environment plays a big role in healing after any major surgery.

"It is imperative for the family and friends to ensure the patient is given love, care, and support, so that they feel emotionally strong, which helps in faster recovery. The patient can suffer from stress, loneliness, or fear, which can slow down healing. However, a calm, cheerful space can reduce anxiety and improve overall health. The patient should be motivated with kind words, encouraging talks, and peaceful surroundings give patients the strength to fight pain and stay hopeful," said Dr Shorouq Motwani, psychiatrist, Lilavati Hospital Mumbai.

Understand that family and friends who listen, help, and stay patient make a huge difference in the healing journey. Even small things like playing soft music, keeping the room clean, or letting in sunlight can lift the patient's mood, he added. "Ensure the patient is comfortable and rests enough. Prompt healing involves comfort, care, and a peaceful heart. A happy mind helps a healing body. So, it is a good idea to be by the side of the patient in the post-surgery recovery journey," said Dr Motwani.

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