

PERIOPERATIVE SERVICES

Post-Operative Instructions for Appendectomy –Laparoscopic or Open

PAIN:

You will likely feel pain in your abdomen following an appendectomy. If your surgery has been done laparoscopically, you may also experience pain in your shoulder, under your ribs or in your back. Your Surgeon will prescribe pain pills for you. Take as instructed if needed. For mild discomfort you may wish to take Tylenol™ or Advil™.

OPERATIVE SITE:

For laparoscopic surgery – you will have several small incisions with self dissolving sutures covered with a clear plastic dressing and Steri-Strips™. It is normal to have a small amount of old blood on your dressing. You will be advised when to change your dressing. If the wound is wet, clean incision with mild soap and water, gently towel dry and apply 4x4 gauze or Band-Aid™ to the incision. The clear plastic dressing and Steri-Strips™ could stay on for 5-7days.

For “open” appendectomy – you will have a small incision approximately 2 – 3 inches long. Your sutures may be self-dissolving or you may have to go to have your sutures removed at your follow-up appointment with your Surgeon.

ACTIVITY:

Rest and take it easy for several days, resuming your normal activities gradually. Avoid heavy lifting of anything more than 10 pounds (4.5 kg) or strenuous activities for up to 4 weeks after surgery depending on your Surgeon’s advice.

Your Surgeon will advise you when you can return to work. Avoid bathing, swimming or hot tubs until your incisions have healed. Resume driving when you can move without pain and are no longer using pain pills.

DIET:

On the day of your surgery you may be more comfortable drinking juices, Jell-O™, broth, coffee or tea. For one to two days after your surgery try easily digested foods in small portions, well cooked meals, nothing raw i.e. low fiber cereal, pasta, meat and potatoes. Avoid high fiber goods i.e. raw fruits and vegetables.

FOLLOW UP:

Your Surgeon will advise you when to follow-up in the office.

ADDITIONAL INFORMATION:

- If surgery has been done laparoscopically, it is normal to have abdominal bloating for several days. You may also notice pain in your shoulder, under your ribs or in your back.
- If you have nausea and vomiting you may take Gravol™ to relieve the vomiting.
- Avoid enemas for several weeks after surgery.

Contact your Surgeon or go to the nearest Emergency Department if you have:

- Severe pain despite using your pain pills.
- High fever (38°C or 100.4°F) and/or chills lasting more than 24 hours.
- Wound looks red, hot, swollen and painful.
- Abnormal discharge from incisions – foul smelling, greenish yellow discharge.
- Persistent vomiting unable to keep down fluids.
- Severe abdominal bloating.

DO NOT TAKE ANY MEDICATION CONTAINING ASPIRIN™(blood thinning medication) UNTIL ADVISED BY YOUR SURGEON.

Protect yourself! Clean your hands frequently and ask your healthcare providers and visitors to do the same. Clean hands save lives.