

**SURGICAL SERVICES**

**Post-Operative Instructions**

**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. 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 dark red, brownish 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 15 pounds (7 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.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**DIET:**

On a day of surgery, you can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt. For one to two days after your surgery try easily digested foods in small portions, well cooked meals and gradually introduce fiber.

**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.
* 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.
* Elevated temperature (38ºC or 100.4ºF) 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 ASPIRIN™ OR MEDICATION CONTAINING ASPIRIN™, UNTIL ADVISED BY YOUR SURGEON.**

The information contained on this sheet is provided to you and your family to help you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or

hand sanitizer and ask that your healthcare providers and visitors do the same. Clean hands save lives.