

Postoperative instructions

Appendectomy

Please follow your surgeon's instructions if they differ from the following statements.

Your return home

Dressing (Opsite™):

- Keep your dressing on for the first three days.
- You may shower, your dressing is waterproof.
- No baths or pools are permitted for fourteen days.



The little white dressings (Steri-strips™):

- Keep the little dressings directly over your incisions for a full seven days.
- If a little dressing falls off (during shower), no need to replace it.
- If there are stitches, they will dissolve gradually.

Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

Physical activities

- Walking is permitted and encouraged, as it can reduce the risks of a blood clot forming in your legs, also known as deep vein thrombosis.
- Climbing stairs is permitted.
- No sports for four weeks.
- No lifting more than ten pounds for six weeks.
- No driving for seven days after your surgery or longer if you are taking pain medication or unable to turn the steering wheel or brake without pain.

Pain control and constipation prevention

- Take your prescribed medications regularly or take Tylenol™ and Advil™ per directions on the bottle.
- Shoulder pain is normal after this surgery and will disappear after 48 to 72 hours.
- Drink prune juice and/or take Metamucil™ if you feel constipated. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

Call your doctor or visit your nearest Emergency Department if you have:

- expanding or worsening redness and swelling;
- discharge (other than blood) of the incision;
- fever and chills;
- increase in pain;
- pain and heat in your calves;
- vomiting;
- sudden shortness of breath.

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

To book your appointment, call your surgeon's office.

The office information was given your discharge instructions.

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