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Patient Instructions – post operative

APPENDECTOMY

You may bathe gently over the incision with soap and water.

Leave dressings off the incision unless drainage occurs, in which case you should change dressings daily reapplying dry gauze and tape.

You may use Tylenol or Advil, one or two tablets, every four hours for pain. For more severe pain, use the prescription pain medication as directed.

Watch for fever greater than 101 degrees or excessive pain, swelling or drainage from the incision. Call me if you have any problems.

Make an effort to be as active as you can, but do not do any heavy lifting or engage in sports for at least 1-2 weeks after surgery. You may drive as soon as you feel comfortable enough to operate the car.

You can expect some minor discomfort in the incision. This should be controlled by pain medication. Your strength and energy will seem less than normal for a few weeks but will gradually return to normal. It is common to feel strange sensations around the incision site for several months while it is healing. I will be checking these things when you come to my office. **Some bruising and swelling is normal around the area of the incision. This subsides in 1-2 weeks.**

For the first few weeks after surgery, you should eat a bland diet and avoid high fiber foods. Also, drink 6 to 8 glasses of liquids per day (excluding coffee, tea, caffeine.)

Initially after discharge, your bowel movements may be quite irregular. As your diet and bowel function normalize, your bowel movements should become more regular as well.

It is wise to avoid constipation and straining. A stool softener is often helpful such as Surfak 240 mg., or generic equivalent, taken with dinner daily. Use a mild laxative such as Milk of Magnesia at bedtime if your bowels do not move for more than two days.

If a drain is present, please read and follow the drain care instructions provided.

Please call my office on the next working day after your hospital discharge for a post-operative follow-up appointment in a week to 10 days.