

POSTOPERATIVE APPENDECTOMY (Appendix Removal)

ACTIVITY:

- It is common to feel tired for the first few weeks following any operation.
- Try to get up and walk around the house as much as possible.
- Do **NOT** do any heavy lifting or vigorous physical activity for a week or two until you feel well.
- You can take a shower or a bath.
- Do **NOT** drive a car if you are taking pain medicine.
- Sexual activity is fine when you are comfortable.

DIET:

- You may eat the diet you had before surgery. Eat whatever seems to agree with you best.
- Generally, bland, low-fat foods will settle in your stomach better.
- Your appetite may be less than normal.
- Drink lots of fluids.

DAILY INCISION CARE:

- Your incision may be covered with a waterproof dressing (Tegaderm) and Steri-Strips (little white strips of tape). Leave the Steri-strips in place for ten days.
- Take the Tegaderm off if there is a lot of drainage under it, or any time after 48 hours.

COMMON PROBLEMS:

- Pain medicines often cause constipation (not being able to have a bowel movement).
- If you have constipation, take one tablespoon of Metamucil for the first few weeks to help with the problem.

CALL YOUR DOCTOR IF:

- Your temperature is greater than 101°F (or 38.3°C).
- You have continued nausea or diarrhea.
- You have new redness or swelling around the wound, increasing pain, a lot of bleeding, pus or a foul odor from the wound.

FOLLOW-UP:

- If you do not have an appointment for a follow-up visit, call your doctor's office and schedule one for 7-10 days after you go home.
- For any questions that are not emergencies, call the floor where you were a patient.
- In case of emergencies, call your doctor's office and/or go to the Houston Northwest Emergency Room.