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Post-operative Instructions for Appendectomy (Pediatric)

Findings:

Follow-up:

Your follow-up appointment is a telephone appointment at _____.
Note Dr. Dalvi or Dr. Mosseler may call you within 2hrs of this time

Your follow-up appointment is an in-office appointment at _____. See our
address below.

Please call our office the Monday morning after your surgery to arrange a:

___ week telephone follow-up appointment.

___ week in-person follow-up appointment.

Office Number 905-702-2629. The office is in the medical building behind Georgetown Hospital. .
Contact us if any concerns about wound healing or your post-operative course.

Address:
40 Hillside Drive, Suite 204
Georgetown ON L7G 4W3
Email: info@georgetowngeneralsurgery.com

Presenting to the Emergency Department:

If your child is having worsening abdominal pain, fevers, chills, nausea and vomiting or unable to tolerate fluids, or you have any significant concern regarding your child's wounds or their wellbeing after surgery, return to the emergency department for assessment or contact your surgeon. If possible return to Georgetown Hospital (where they had their surgery).

Medications:

Unless discussed, your child may return to your regular medications following the surgery, once you are able to tolerate liquids. Any exceptions will be discussed with you. If you have any questions regarding your home medications contact my office or your family physician.

Other Instructions: _____

Pain Control:

The first 1-3 days after surgery your child will have soreness at the incisions, typically worst at the belly button. We recommend you take around the clock pain medication for the first two days after the surgery, alternating between Tylenol (Acetaminophen) and Advil (or Motrin, or Ibuprofen) every three hours.

Please keep in mind that dosing of medication should be adjusted for your child's weight based on the instructions on the medication. If any questions ask your physician or your pharmacist.

Example:

8:00 am..... Dose of Tylenol
11:00 amDose of Advil
2:00 pm.....Dose of Tylenol
...etc..

If minimal soreness certainly they can take pain medication just as needed.

If your child is having worsening pain despite pain medication or requiring more and more pain medication, return to the emergency department for assessment.

Your child's incisional pain will typically resolve within the first two weeks however they may have sensitivity at the incisions for up to 6 months. In addition as the nerves in their abdominal wall heal they may have periodic short bursts of sharp pain burning or itching around their incisions and their abdominal wall.

Incision Care and Showering:

Typically there will be three incisions, one at the belly button about 1 to 1.5 cm in length, one in the left lower abdomen about 0.5 to 1 cm and one in lower mid-abdomen 0.5 to 1 cm in length. The incisions are closed with dissolvable stiches that are buried under the skin and covered with white rectangular shaped dressing called steri-strips. Your physician will discuss any significant modification from this.

- 1) Keep the incisions dry and covered for the first 48 hrs.
- 2) Your child may shower after 48 hrs provided there is no concern about drainage or infection at the incisions (see below)

- 3) Do not soak the incisions, and pat dry after the shower
- 4) The steri-strips should fall off in 1 week. If they do not fall off, please remove after a shower, after 7 days. Glue residue can be removed with the help of alcohol swabs.
- 5) No ointments, powders or creams on the incisions
- 6) No additional dressings are typically needed on the incisions, but contact your physician if any concerns.
- 7) Watch for signs of infection:
 - a. Increasing redness or warmth around the incision
 - b. Pus-like drainage
 - c. Excess swelling or bleeding
 - d. If you take your child's temperature and it is greater than 38.5 C in two readings 4 hours apart
- 8) Do NOT soak in a hot tub, pool or lake or any standing water for TWO weeks.

Diet:

- 1) There are no long term changes to your child's diet after having their appendix removed.
- 2) After the surgery, while in hospital your child will be immediately started on clear fluids and progressed slowly to a solid diet prior to discharge, although it is not a strict requirement for discharge.
- 3) Your child can slowly return to their regular diet, but for the first two to three days they may not feel like eating anything heavy as it takes some for their bowels to start moving regularly
- 4) After any surgery always makes sure your child is drinking plenty of water as dehydration can be a common cause of post-operative emergency visits.
- 5) Bear in mind that constipation is common after surgery. You can use a stool softener like Restoralax to help with your child's bowel movements.

Activity:

- 1) Your child is able to do most activities around the house including dressing themselves, walking up and down stairs, running and climbing as long as they are feeling well.
- 2) They should not lift anything greater than 10 lbs for the first 2 weeks to avoid wound disruption. Slowly increase exertion after this point only if they are comfortable. At 6 weeks they may return to full activity.
- 3) With respect to school, we recommend your child take at least 1 week off, and possibly more depending on their recovery.