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## Post-operative Instructions for Appendectomy

### **Findings:**

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### **Follow-up:**

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

\_\_\_ week telephone follow-up appointment.

\_\_\_ week in-person follow-up appointment.

OTHER: \_\_\_\_\_

Office Number 905-702-2629. The office is in the medical building behind Georgetown Hospital. .

**Contact us any time 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](mailto:info@georgetowngeneralsurgery.com)

### **Presenting to the Emergency Department:**

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

### **Medications:**

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

Other Instructions: \_\_\_\_\_  
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### **Pain Control**

The first 1-3 days after surgery you 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 (325-650 mg) and Advil (200-400mg) every three hours. Supplement with prescription medication if needed. Keep under max. dose for each medication.

For example, first day after surgery:

8:00 am..... 650 mg of Tylenol  
11:00 am ....400 mg of Advil  
12:00 pm.... If pain not controlled take 5mg of Staxel (if prescribed)  
2:00 pm.....650 mg of Tylenol  
...etc..

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

Speak to your doctor if you have any concerns with Advil or Tylenol including liver disease, kidney disease, a history of stomach ulcers.

If you are having worsening pain despite pain medication or requiring more and more pain medication, return to the emergency department for assessment.

Your incisional pain will typically resolve within the first two weeks however you may have sensitivity at the incisions for up to 6 months. In addition as the nerves in your abdominal wall heal you may have periodic short bursts of sharp pain burning or itching around your incisions and your 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 stitches that are buried under your skin. Your physician will discuss any significant modification from this.

- 1) Keep the incisions dry and covered for the first 48 hrs.
- 2) You may shower after 48 hrs provided there is no concern about drainage or infection at the incision (see below)
- 3) Do not soak the incisions, and pat dry after the shower

- 4) Typically there will be white rectangular shaped strips (steri-strips) over the wounds which should fall off after a week. If they do not fall off, please remove yourself 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 needed on your incisions
- 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 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 diet after having your appendix removed.
- 2) After your surgery, while in hospital you 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) You can slowly return to your regular diet, but for the first two to three days you may not feel like eating anything heavy as it takes some time for your bowels to start moving regularly
- 4) After any surgery always make sure you are drinking plenty of water (about 2L per day) as dehydration can be a common cause of post-operative emergency visits.
- 5) You may consume caffeinated beverages immediately after your surgery but for the first week keep to max 1 serving per day and be sure you are keeping hydrated as caffeine will dehydrate you.
- 6) Do not drink alcohol for the two weeks after surgery and anytime while you are requiring prescription pain medication. Be very careful with alcohol as it can interfere with medications, and dehydrate you, and impair your recovery.
- 7) Bear in mind that constipation is common after surgery particularly if you are on a prescription pain medication. You can use a stool softener like Restoralax or a fibre supplement like Metamucil for example to help ensure you have regular bowel movements.

### **Activity:**

- 1) Immediately after your surgery you are encouraged to get out of bed and walk as this will decrease the risk of blood clots after surgery.
- 2) You are able to do most activities around the house including dressing yourself, walking up and down stairs.
- 3) Do not lift anything greater than 15 lbs for the first six weeks to avoid wound disruption or hernia formation.
- 4) With respect to driving, you should NOT drive for the first 48 hrs after surgery and anytime you are requiring prescription pain medication. If you are easily fatigued, have pain that will restrict sudden movement or range of motion, or are having difficulty with being alert or concentrating, do NOT drive.

- 5) With respect to sexual intercourse, as long as the type of activity is not cause significant discomfort for your incisions you may slowly return to regular activity as you feel comfortable.
- 6) With respect to work or school, we recommend you take at least 1 week off, and possibly more depending on your recovery. With respect to jobs requiring lifting greater than 15 lbs you may require at least 4 to 6 weeks off work, depending on the work. Discuss with your physician