

## HOW WILL I FEEL AFTER MY PROCEDURE?

After your surgery, it is normal to feel weak and tired for several days after you return home. Your belly may be swollen and may be painful. If you had laparoscopic surgery, you may have pain in your shoulder for about 24 hours.

You may also feel sick to your stomach and have diarrhea, constipation, gas, or a headache. This usually goes away in a few days.

## DRESSING

You will see a bandage over your incision(s), this may be removed while in hospital or may be removed after you are home. If you have staples along your incision the doctor will remove these 7 to 10 days following your operation. If you have strips or tape under the bandage(s) you may remove these yourself in 1 week. If they fall off earlier they do not need to be replaced.

## REMINDER

Make a follow-up appointment with your doctor as directed.

Further instructions:

---

---

---

---

---

---

---

---

---

---



## Care After Your Appendectomy

## Patient Education

Surgical Services Patient Education

10/05/2018

## HOW DO I CARE FOR MYSELF

### DIET:

You may eat a light diet on the day of surgery and return to your regular diet after that.

If your stomach is upset, try bland, low-fat foods like plain rice, broiled chicken, toast, and yogurt.

You may notice that your bowel movements are not regular right after your surgery. This is common. Try to avoid constipation and straining with bowel movements.

Drink 8 to 10 glasses of water per day.

### HYGIENE:

You may shower 48 hours after surgery. It's OK to get the steri strips wet but don't soak, scrub or let the shower beat on them. Gently pat your incision until it is dry. You may have a bath once your wound is healed. This usually takes 2 to 3 weeks. There should not be any openings, scabs or draining from your incision by the time you have a bath.

### ELIMINATION:

You may be given a stool softener or bulk forming laxative to help you have a soft bowel movement.

Take any medications for your bowels as instructed or prescribed by your doctor.

### ACTIVITY:

You will be encouraged to walk as early as the day of surgery.

You may use stairs and take short walks. Gradually increase your exercise and activity as tolerated.

Avoid heavy lifting (more than about 10 pounds) for 6 weeks

### PAIN MANAGEMENT:

Mild to moderate discomfort can usually be managed with acetaminophen (Tylenol) 650-1000 mg or ibuprofen (Advil) 400-600mg. Follow the directions on the label.

If you are given a prescription for pain medication, take it as prescribed by your surgeon.

### CALL YOUR DOCTOR IF:

- Have a fever higher than 38.5 °C or 101 °F
- Are vomiting or feel bloated and sick to your stomach all the time
- No bowel movement within 4 days after discharge
- Separation of wound edges, green or yellow drainage from the wound, or increasing redness swelling, warmth or pain of the incision
- Have trouble urinating
- Increased abdominal pain that is not relieved by pain medication
- Shortness of breath or chest pain