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### **Post Operative instructions for Laparoscopic and Open Appendectomy**

**Call and schedule your post-op visit to occur approximately 7-10 days after surgery.**

#### **Wound care:**

- 1) Remove outer dressing (if you have them) at 24-48 hours after surgery
- 2) Leave the steri-strips in place if you have them. They will fall off on their own.
- 3) You may have skin glue sealing your incision; this resembles super glue and is used to reinforce your dissolvable sutures making your incision waterproof and allowing you to take a shower. Do not soak in a tub or go swimming for 14 days.
- 4) You may use an ice bag to reduce swelling at the surgery site for the first 24 hours and then switch to heat if needed. It is normal to feel a knot under your surgical incision for several months after surgery.
- 5) You are able to take a shower 24 hours after surgery. Dry off the surgical incision after showering and cover with dry gauze if needed.
- 6) Antibiotics need to be taken as prescribed until they are completed.

#### **Diet:**

You may advance your diet as tolerated after surgery. If you experience nausea and vomiting after surgery start on a clear liquid diet and call the office.

#### **Activity:**

For 6 weeks after surgery

- 1) No heavy lifting over 20 lbs.
- 2) No strenuous exercise such as push-ups, sit-ups or abdominal straining
- 3) Walking is encouraged.
- 4) Normal daily activities are encouraged.
- 5) Running and biking are allowed when you feel up to it.
- 6) No driving until you are pain free and no longer using your pain medication.
- 7) Avoid extended bed rest.

#### **Constipation and bloating:**

- 1) You should have a bowel movement within 3 days of surgery. If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil or a laxative such as Milk of Magnesia as directed on the bottle. Pain medication often causes constipation.
- 2) If you feel bloated increase your activity.

#### **Call our office if:**

- 1) You develop any unusual signs or symptoms such as tenderness, bleeding, redness, or drainage at the surgery site.
- 2) You have a temperature of 100.5 degrees or higher.
- 3) You have shortness of breath upon exertion.
- 4) You are unable to urinate within 8 hours of surgery.
- 5) Your pain is not controlled with your pain medication.

#### **Drains:**

Drains are sometimes used after surgery to promote healing, you will be instructed on how to empty and document 24 hour totals on each drain (usually one and occasionally two drains are placed). This Drain Total Log should be brought to your post-op visit for your physician to review and is often one of the deciding factors regarding time for removal.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479 · 281.342.8932
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479 · 281.491.6200
Memorial Hermann Southwest Location:	7737 Southwest Freeway, Suite 100 · Houston, Texas · 713.772.1200
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**Smoking:**

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increase rate of post operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

**Medication refills:**

Please call your pharmacy directly and request any needed refills. The pharmacy will contact our office and refills will be expedited.

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