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LAPAROSCOPIC APPENDECTOMY DISCHARGE INSTRUCTIONS

Pain Management: You will be given a prescription for pain medication. We recommend you take the medication because it will help you to walk and take deep breaths. You can switch over to Tylenol or Motrin when you feel ready. Remember that narcotics cause constipation and you should not drive while taking them. If you have severe abdominal pain not relieved by medications, call your surgeon.

Diet: After surgery, you will be on a liquid diet and if you tolerate this well, your diet can be advanced to regular food. When you go home, we recommend you stay with food items that are easy to digest and avoid fatty, spicy foods. Try soups, sandwiches, eggs, and pastas for the first week. If you have persistent nausea or vomiting, call the office.

Wound Care: You may be sent home with a gauze dressing or band aid over the incisions. It is not unusual to have some light red fluid on these dressings. Underneath the dressings are small, white strips called steri-strips that will fall off on their own in a week or will be removed by your surgeon in the office. You may shower after 24 hours with these strips on. You do not need to cover the incisions.

Bowel/Bladder: Often after an appendectomy, patients may notice either diarrhea or constipation. Your bowel routine may not be normal for a week or so. Please call if you have persistent diarrhea or if you stop passing gas and notice increased bloating to your abdomen. If you are having constipation, you may try over the counter medications such as Milk of Magnesia or Colace.

Activity: When you first get home, you may notice fatigue, but it is important for you to walk a few times a day. Try to slowly resume your usual home activities. You will be released to return to work after your surgeon has seen you on your post-operative office visit. You should be able to resume exercise in about 2-4 weeks.

Temperature Elevation: It is not usual to have a low grade temperature (up to 100 degrees) after your surgery. However, if your fever persists or goes above 101 degrees, you should notify your doctor.

Follow up: You will need to see your surgeon in 7-10 days. If your appointment has not already been made for you before discharge, you need to call the office as soon as you get home and make one.