

Post Operative Instructions for Appendectomy (Appendix Removal)

Activity

- It is common to feel tired for the first few weeks following any operation.
- Try to get up and walk around the house as much as possible.
- Do NOT do any heavy lifting (less than 15 pounds) or vigorous physical activity until your follow-up appointment.
- You can take a shower. Do NOT take a bath or use a hot tub or sauna for 1 week.
- Sexual activity is safe as soon as you are comfortable.
- Do NOT drive a car while you are taking pain medicine.

Diet

- You may eat the diet you had before surgery. Eat whatever seems to agree with you best.
- Generally, bland, low-fat foods will settle in your stomach better.
- Your appetite may be less than normal.
- Drink lots of fluids.

Daily Incision Care

- Your incision may be covered with a waterproof dressing (Dermabond). Leave the steri-strips (if present) in place for ten days.
- If you have skin staples, you may cover them with a clean dressing daily to avoid irritation.

Common Problems

- Pain medicines often cause constipation (not being able to have a bowel movement). If you have constipation, take one tablespoon of Metamucil for the first few weeks to help with the problem.

Call Dr. Bransky If

- Your temperature is greater than 101°F (38.3°C).
- You have continued nausea or diarrhea.
- You have new redness or swelling around the wound, increasing pain, a lot of bleeding, pus or a foul odor from the wound.

Follow-Up

- If you have not scheduled a follow-up appointment call Dr. Bransky's office to schedule one for 2 weeks from the day you went home.
- In case of emergencies, call Dr. Bransky and/or proceed to the nearest Emergency Room.