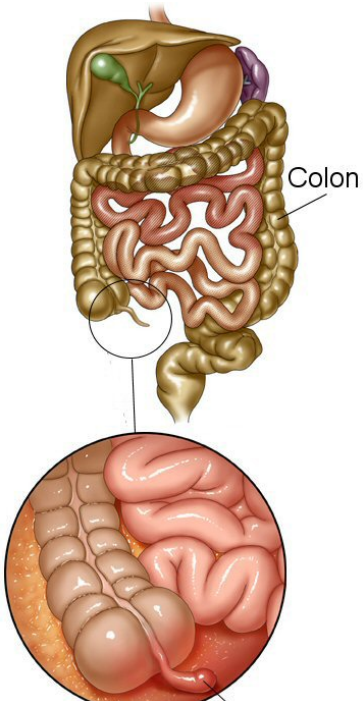
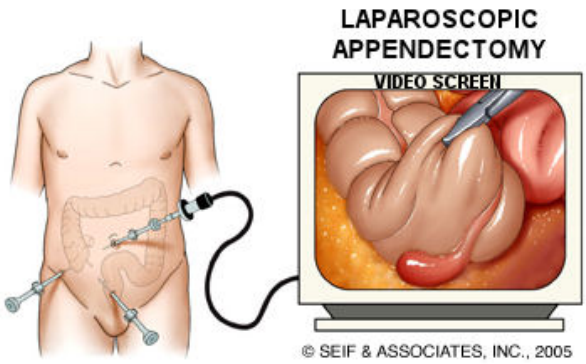
Appendectomy, Laparoscopic
Care After Surgery

Please read the instructions outlined below and refer to this sheet in the next few weeks. These discharge instructions provide you with general information on caring for yourself after you leave the hospital. Your caregiver may also give you specific instructions. While your treatment has been planned according to the most current medical practices available, unavoidable complications occasionally occur. If you have any problems or questions after discharge, call your caregiver.



HOME CARE INSTRUCTIONS AFTER YOUR SURGERY

- You should not drive while taking narcotic pain medications.
- Use stool softener if you become constipated from your pain medications.
- Once you are home an ice pack applied to the operative site may help with discomfort and keep swelling down.
- Change dressings as directed.
- Keep the wounds dry and clean. The wounds may be washed gently with soap and water. Gently blot or dab dry following cleansing without rubbing. Do not take baths, use swimming pools or hot tubs for ten days, or as instructed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- You may continue normal diet as directed.
- There should be no heavy lifting (more than 10 pounds) or contact sports for three weeks, or as directed.
- You should slowly increase activity after your operation.
- Take deep breaths to avoid a postoperative complication such as pneumonia.



SEEK MEDICAL CARE IF:

- There is redness, swelling, or increasing pain in the wound or wounds.
- There is pus coming from the wounds.
- There is drainage from a wound lasting longer than one day.
- An unexplained oral temperature above 102º F (38.9º C) develops or as instructed by your caregiver.
- You notice a foul smell coming from the wounds or dressing.
- A breaking open of the *wound* (edges not staying together) after sutures have been removed.
- You notice increasing pain in the shoulders (shoulder strap areas).
- You develop dizzy episodes or fainting while standing.
- You develop shortness of breath.
- You develop persistent nausea or vomiting.
- You have no bowel function or have an intolerance to food.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing
- You develop any reaction or side effects to medications given.

Document Released: 08/21/2007 Document Re-Released: 03/16/2010

ExitCare® Patient Information ©2011 ExitCare, LLC.