



SURGICAL CONSULTANTS
OF NORTHERN VIRGINIA

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Appendectomy

Post-op Expectations

- You are encouraged to be out of bed the day after surgery and to walk. This will help diminish the risk of blood clots in your legs and of soreness in your muscles.
- You will probably be able to get back to most of your normal activities in one to two weeks time. These activities include showering, driving, walking up stairs and working.

NOTE: You should be seen in the office for follow-up 1-2 weeks after surgery. Please call and schedule an appointment.

Instructions:

- Apply an ice pack over incision/dressings for 30 minutes, every 1-2 hours, for the first 12-24 hours after surgery, as comfort dictates.
- Remove dressings 24 hours after surgery, if present.
- After dressing off, you may bathe, even if steri-strips present. Gently wash incisions with mild soap and water.
- Do not apply ointment/antibacterial cream to incision.
- Leave dressings off unless drainage noted coming from incision.
- Use prescribed pain medication as directed.
- Ibuprofen, Aleve, Advil as directed on the bottle. AVOID aspirin products.
- AVOID heavy lifting
- No sports or strenuous activity for at least 6 weeks.
- No dietary restrictions, but try to avoid constipating foods as not to strain.
- Stool softener (Colace, Dulcolax) recommended while using narcotic pain medications or until you have first bowel movement after surgery.

When to call the office:

- Persistent fever over 101 degrees F (39 C)
- Bleeding
- Increasing abdominal swelling
- Pain that is not relieved by your medications
- Persistent nausea or vomiting
- Chills
- Inability to urinate.
- Persistent cough or shortness of breath
- Purulent drainage (pus) from any incision
- Redness surrounding any of your incisions that is worsening or getting bigger
- You are unable to eat or drink liquids