



You had a laparoscopic appendectomy, which means that your appendix was removed. The operation went well.

People live a normal life without an appendix. You do not need to change your diet or lifestyle as a result of having your appendix removed.

**Follow-up Contacts** If you have questions about your condition, please call (972) 566-7860 to contact Dr. Madni's office (Surgical Consultants of Dallas). This number will be answered by our office during business hours and connect with an answering service at night and on weekends. Specifically, call for any of the following:

- Your abdominal pain becomes much worse than when you left the hospital
- The area around your incisions becomes very red, increasingly tender, or begins to drain pus (Small amounts of blood-tinged fluid and mild redness are common and are no cause for concern.)
- Your temperature goes above 100.0° F (38° C)
- Persistent vomiting, diarrhea, or constipation develop
- You feel as if you are getting sick instead of well

**Follow up appointment:** Please call (972) 566-7860 to make a follow-up appointment within 10-14 days. You may leave a message, and your call will be returned within one business day.

**Diet:** You do not need to make any changes in your diet following this operation. You can eat any kind of food that you would like. As long as you are eating a balanced diet, there are no specific foods that will speed up or slow your recovery.

**Pain Control and Other Medications:** When you leave the hospital, you will have a prescription for **Norco**. This is narcotic pain medication that will help relieve your pain. Take one tablet every 4-6 hours as needed for pain control. Most patients have minimal pain that is well controlled with Tylenol or Ibuprofen. If your pain is minimal, consider taking over-the-counter Tylenol or Ibuprofen instead of Norco.

Narcotics (such as Norco or Tylenol #3) may cause constipation, so consider taking a stool softener while taking Norco. You were given a script for Colace (200 mg twice daily). You may have been given a script for Zofran , a nausea medication. Take one tablet every 6 hours as needed for nausea).

You should resume all other medications that you were taking prior to your surgery.



### **The Incision/Wound Care:**

Your incisions are closed with absorbable sutures (beneath the skin level). A surgical glue was applied over your incision. The day after surgery, you should start taking daily showers using soap and water. Allow water to run over your incisions and over your drain, then gently pat dry with a clean towel. The glue will peel off in 10-14 days.

**Activity:** It is common in the first few days at home to feel a little more tired than expected. This comes from the increased activity involved in moving around home. Just compensate by getting extra rest.

After your surgery, you should not lift anything heavier than 15 pounds for two weeks. Other than this weight lifting restriction, you may resume normal activities if and when you feel up to them. This includes walking up and down stairs, walking outside, and traveling as a passenger in a car or a plane, etc. Do not drive while taking narcotic pain medications. If your surgeon clears you at your two week appointment, you will be able to return to normal activity, without any restrictions at all.