

## Laparoscopic Appendectomy

### Pre-Operative Instructions

Dr. Sitara Kommareddi

Office: 520-512-5757

**\*\* Call 7-10 days before surgery to get meds\*\***

An assistant is used in some procedures. If your insurance does not cover , you will receive a bill for their services.

#### **Booking/Arrival/Transport to O.R.:**

- Our office will contact you regarding time , place, time of arrival and instructions about surgery.
- **Nothing to eat or drink from midnight night before procedure or as my office directs you. Your case may be cancelled otherwise.**
- Meds may be taken with sips as usual. You may be asked to stop certain medications before or on the day of surgery.
- You are usually asked to arrive 2 hours before your scheduled time.
- Upon arrival, you'll meet your O.R. team including your anesthesiologist. After discussion, you will receive a mild intravenous sedative and taken to the O.R. where you will be further sedated, then undergo placement of tube through your mouth into your lungs to deepen anesthetic. You will not be aware of this tube being placed or removed, but you will likely have a sore throat for a few days.
- You must have a friend/family member to take you home and ideally stay with you the first night. Otherwise a meditaxi may be arranged via your insurance company. You are responsible for arranging appropriate transport. If suitable transport is not available, your procedure may be cancelled.
- **You may not go home in a regular taxi or bus.**
- **What to do to prepare/what to get ready:**
  - **Show in hibiclens on am of surgery( get generic at walgreens).Use it just like soap, but let it sit on skin for 60 seconds then wash off. Specifically also apply to area of surgery.**
  - **If possible obtain before surgery, from the drugstore: ibuprofen, acetaminophen ( Tylenol), colace, and any prescriptions I've provided.**
  - **Have water /snacks at bedside so meds may be taken with them.**
  - **Pillows to prop up on and to press to abdomen while coughing sneezing etc.**

- **Ice packs, bandaids available. It may be helpful to have gauze and tape in case wounds ooze. All are available at drugstore without prescription.**

**After the procedure:**

- You will stay in the recovery area for at least 2 hours, potentially longer depending on any medical issues.
- I will speak with any family/friends waiting for you, review operative findings, and review instructions.
- Prior to Discharge, you will have an opportunity to review instructions with the R.N. staff and your family/friends.

**Postoperative expectations/Restrictions:**

- **Wound pain** is significant for 3-5 days, starts to diminish by 2 weeks, but will be present to varying degrees for several months. You may also have some of the same symptoms you've had before surgery. These will take a few day/weeks, rarely months to recover. The pain may be burning, stabbing, aching, hot/cold or numb/tingly. As you return to normal activities over time, these symptoms may reoccur periodically. **Pain may also be felt in the shoulder, chest, neck, back and often is best relieved by ibuprofen.**
- You will have bruising, swelling, hard areas in wounds that will resolve over several weeks.
- An **Abdominal binder** may be placed. It helps with postoperative pain. Wear it during daytime and nighttime if helpful. **Please put in washer and dryer to soften.** It may be cleaned in this manner once a week. **You may wear as long as it is helpful.** Some patients wear for 2-4 weeks. If it is too long for your torso, you may cut shorter.
- **Diet:** As usual. Eat lightly for the first 1-2 days.
- **Fatigue, nausea, bloating, loose bowel movements.** Call me if more than 5 loose BM's per day.
- **Alcohol** should be avoided for the first 5 days.
- **Activity:** No lifting more than 15 lbs for 4 weeks. Avoid swimming, running, golf, yoga, Pilates, sit-ups etc for that period of time. After 4 weeks, you may slowly resume to your pace as your symptoms allow.
- **Urinary retention:** Rarely patients are unable to urinate after surgery. If you are unable to do so 6-8 hours after the procedure, please call.
- **Travel** should be avoided for 2 weeks after the procedure, if possible.
- **Driving** should be avoided for 5-10 days. Subsequently drive if you are fully alert, not on narcotics, and feel you can appropriately react to any driving stressor.
- **Home medications** may be resumed as usual upon arrival home. Specific instructions may be given regarding certain medications such as blood thinners.
- **Wound Care:** Band-Aids may be removed one day after surgery. Shower as usual and let soapy water run over white strips (steri-strips). Pat dry. Replace Band-Aids if any oozing. **Steristrips may fall off, or you may remove in 10 days or I will remove if you wish.**

- **Showers:** You may shower the next morning. Do not soak in water for 2 weeks.

**For Pain relief: Take meds with food/water**

- Ice on wounds, 20 minutes at a time, 2-3 times a day is helpful

#1 Ibuprofen 600 mg – 800 mg every 8 hours (avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal or if on blood thinners). Obtain at drugstore, no need for prescription. Try taking regularly for 3 days.

#2 A narcotic prescription to be provided. If ibuprofen not enough, you may take the ibuprofen and narcotic together. You may take them at the same time or stagger them by 2-4 hours.

#3 Any other med you and I agree as a supplement to the above two.

#4 Wear the binder for 2 weeks or longer, daytime and or nighttime.

**For Nausea:**

#1 Promethazine or ondansetron (you will receive a prescription).

#2 Benadryl 12.5 – 25 mg by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.

**Treatment of Constipation:**

**If you do not have a bowel movement within 24 hours after surgery, then:**

#1 Colace 100 mg by mouth in am and pm. If not enough to help in 24 hours, then stay on it and add:

#2 Milk of Magnesia 30 ml once a day. If no B.M. 24 hours later, then stop it, stay on colace and add:

#3 Magnesium Citrate 1 bottle once by mouth. Take ice cold, poured over ice, along with large glass of cold water. If no B.M. in 24 hours:

#4 Repeat magnesium citrate ½ bottle by mouth once again and take a Fleets enema.

#5 If none of the above work, call me for other options.

**All may be obtained at the drugstore without a prescription.**

**Itching:**

#1 Benadryl 25 mg tablet by mouth every 8 hours.

#2 Once strips off of wounds, try Benadryl ointment or topical steroid ointment to areas of itching 3-4 x a day. **Can get both at drugstore without prescription.**

**Blistering at wound site:**

White strips on wounds (steri-strips) can cause blistering or redness in some patients. **If this occurs you may remove them anytime and let me know.** If not helpful, please call.

**Time off from Work/School:**

- Plan on taking 7-14 days off. You may return once you feel you can work a full day as long as you follow restrictions.

- Please let me know if you need a **work release**. You may get it on day of follow up or we can fax to number you provide. Please be specific as to when you want to go back to work.
- **Any disability paperwork may be dropped off. We may take 5-7days to complete. There is a fee of \$25.00.**

**Follow Up:**

- Call our office within a day or two after surgery (on a standard business day ) to make a follow up appointment for 2 weeks. You may also make a follow up appointment on the day you are contacted with your scheduling info.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, worsening yellow discoloration of skin, redness in wounds that rapidly worsens or if you are unable to urinate 6hours after you arrive home.

Dr. Sitara Kommareddi