

Laparoscopic Appendectomy

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Follow Up:

- Call in next several days to make an appointment to see me in 2-3 weeks.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, redness that rapidly worsens or if you are unable to urinate 6-8 hours after you arrive home.

Prescriptions: Please give at least 2 days' notice to obtain refills after procedure.

Supplies to get: a few small band aids, ibuprofen 200mg tabs, Tylenol 500 mg tabs, colace (stool softener). If you have drains: 4x 4 inch gauze and 2 inch tape.

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.**
- You will have bruising, swelling, hard areas in wounds that will resolve over several weeks.
- **Diet:** As usual. Eat lightly for the first 1-2 days.
- Fatigue, nausea, bloating, loose bowel movements are expected for 2-4 weeks. **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-hours after you get home, please call.** I may have you present to an E.R. to have your bladder checked and possibly place a **12 French bladder catheter** to remain in place for 5 days and remove in my office.
- **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 (steristrips). Pat dry. Replace Band-Aids if any oozing. Steristrips may fall off, or you may remove in 2 weeks or I will remove if you wish.
- **Drain care:** **Occasionally patients receive drains.** If you have, we will teach how to strip tubing and empty. Please review online videos on “JP drain care and stripping” for further information. Site must be covered with a band aid to prevent suture from catching or gauze and tape if any leaking around site.
- **Showers:** You may shower the morning after the procedure. Do not soak in water for 3 weeks.

For Pain relief: take meds with food and water

- Abdominal binder, wear as much as it helps for 2 weeks then as needed. You can put in washer/dryer to soften.
- Ice on the wounds 20 minutes, 2-3 x a day is helpful

#1 Tylenol (acetaminophen) 1000mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (Avoid if cirrhosis). Obtain at drugstore, no need for prescription.

#2 Ibuprofen 600 mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (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 a prescription.

ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS for 3 days, then only take as needed.

#4 A narcotic prescription may be provided. If Tylenol (acetaminophen) not helpful, stop taking it then add narcotic to your ibuprofen regimen. **DO NOT TAKE TYLENOL AND NARCOTIC TOGETHER AS MOST NARCOTICS HAVE TYLENOL AS PART OF THE FORMULATION.**

For Nausea relief:

#1 Ondansetron 4 mg every 4 hours as needed for nausea. You will receive a prescription.

#2 Benadryl 25 mg tablet 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 over 1 hour, poured over ice along with large glass of cold water. If no B.M. in 24 hours:

#4 Repeat magnesium citrate 1 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 steristrips 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 (steristrips) can cause blistering or redness in some patients. . **If this occurs you may remove them and let me know.** If not helpful, please call.

Time off work/ school:

- **For desk Jobs:** Plan on taking at least 7-14 days off. You may return once you feel you can work a full day as long as you follow restrictions. **We will discuss specifics for other employment.**
- 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 and if any restrictions.**
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of \$25.00.**

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