

## IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

### Appendectomy Surgical Patient

#### **What to Expect After Surgery**

- Possible hospital stay of 1-2 days.
- Some bruising, swelling and tenderness at incision site(s).
- Some bloating.
- Can take 3-4 days to experience a normal bowel movement.
- Can experience diarrhea for to 2-4 days after surgery.

#### **Surgical Site Care Instructions**

- You may remove bandages 24 hrs after surgery.
- You may shower 24 hrs after surgery. Incision(s) can be washed with soap and water.
- If irritation from clothing is experienced, gauze dressing can be used and changed daily.

#### **Pain Mgmt After Surgery**

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that initial prescription, a patient's remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.

#### **Other Helpful Information**

- May drive once you are no longer using prescription pain medicine.
- Encouraged to be out of bed and to walk, the day following surgery.
- Avoid strenuous activity for 48-72 hours after surgery. Then proceed with activities as tolerated.
- If you HAVE NOT had a bowel movement by (the evening) of the second day after surgery, over-the-counter Milk of Magnesium™ can be taken. Follow label instructions.

#### **When to Contact Our Office**

- Fever of 101° or greater.
- Persistent vomiting.
- No bowel movement (at all) for 4 days after surgery.
- Have a sudden increase in redness, tenderness or drainage at incision sites.
- Significant abdomen discomfort beyond 5 days after surgery.