JOHN WILLIAMS M.D.

Appendectomy Instructions

▢ Your body just went through a stressful time. Even very active people will be a little slow for a week or so. It is not unusual for patients to need a nap.

▢ Incisions: All of your incisions are closed with stitches that dissolve. There is glue over the incisions. You DO NOT need to use any cream/ointment/or cleanser on them. The glue will fall off in ~2 weeks. You may remove the glue if the edges are starting to separate. A little redness at the incision is normal. Redness that starts to spread and is tender to the touch should prompt a call to the office.

▢ Bathing: You may shower the night of surgery. Just let soap and water run over the incisions. Do not scrub. Pat the area dry. Do not soak underwater for 7 days (swimming, bath tub, hot tub, etc).

▢ Diet: Most patients will not have “a normal appetite” for a week or so after surgery. This is normal and will get better with time. Unless I specifically tell you, there is no “special diet” to follow.

▢ Activity: In general, things like taking a gallon off the top shelf at the grocery store is ok, but not a 40 count package of water bottles. If you feel able, you may walk outside, take the stairs, and perform daily activities

around the house. It is impossible to list every activity. Use common sense.

▢ Driving: You need to be off your narcotic pain medicine and be able to move around without pain or significant limitation.

▢ Bowel Movements: In general, most people are constipated for several days after surgery. If you find yourself in this situation, you are free to visit any pharmacy and browse the laxative aisle. Other patients have loose stool.

▢ Pain Control: I will send pain medicine to your pharmacy on the day of surgery. Narcotics are most effective for the first few days. After that, most patients find Tylenol or Motrin effective.

▢ Larger incision: Sometimes I need to place a stitch deep down in your abdominal wall to close the incision through which I removed your appendix. This is most often around the belly button but sometimes in the left upper abdomen. This incision may hurt more than the others and the area may bruise. This is all normal and will get better with time.

▢ Antibiotics: Most patients generally do not need to go home with antibiotics. If you do, I will discuss this with you.

▢ Follow-up: Most patients will have a follow-up appointment on their Discharge Plan from the hospital. If you don't see one, please call the clinic at (979) 977-3490.

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