

## NEWTON-WELLESLEY SURGEONS, INC.

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### POSTOPERATIVE LAPAROSCOPIC APPENDECTOMY INFORMATION

**Surgery** You have just had a laparoscopic appendectomy. This procedure involves the removal of your appendix through three small surgical incisions. This procedure was performed because you had appendicitis (inflammation of the appendix).

**Pain** Upon discharge from the hospital, you will be given a prescription for pain medication. Because pain medication can be constipating, be sure to drink lots of fluids and eat plenty of fruits and vegetables. It will also be helpful to take a stool softener such as Colace, Metamucil, or Citrucel once or twice a day if you are constipated.

**Incision** Your incisions are closed using a number of sutures below the skin surface. When you remove the outer dressing (see bathing instructions below for when to remove the dressing), you will find a special ribbed tape covering the incision. The ribbed tape will fall off on its own.

**Bathing** You are asked to keep the outer dressing over the incision dry and in place for day following surgery. On the day after surgery, remove the dressing or Band-Aid. It is now safe for you to get into the shower. Be careful not to scrub the incision lines, simply let the water run over the incision and gently pat the area dry.

**Activity** Following surgery, you are encouraged to do as much walking as is comfortable. You may climb stairs, taking them one at a time and slowly. You are not to operate a vehicle while you are having discomfort or taking pain medication. This will interfere with your ability to drive safely. Your surgeon will tell you when it is safe to resume driving. You are asked to not do any lifting over 30 pounds for the first two weeks following surgery. The doctor will tell you when it is safe to do more. If lifting causes pain in your incision, please stop. If pain persists, call the office and speak with the nurse.

**Precautions** Although not commonly seen, any incision is susceptible to infection. If you develop a fever of 101 degrees or above, have unexpected pain, redness or drainage from any incision, please contact my office.

**Diet** There are no restrictions on your diet. Be sure to drink plenty of fluids in the days following your operation.

**Follow-up** Please call the office a day or two after you go home to schedule your postoperative appointment for approximately two weeks after surgery.

**If you have any questions about your recovery, please do not hesitate to call our office.**