



Discharge Instructions for Laparoscopic Appendectomy (Appendix Removal)

You have had a surgery to remove your appendix. The appendix is a narrow pouch attached to the lower right part of your large intestine. During your surgery, the doctor made two to four small incisions. One was near your belly button, and the others were elsewhere on your abdomen. Through one incision, the doctor inserted a thin tube with a camera attached (laparoscope). Other surgery tools were used in the other incisions.

While you recover, you may have pain in your shoulder and chest for up to 48 hours after surgery. This is common. It is caused by carbon dioxide gas used during the surgery. It will go away.

Home care

- Keep your incisions clean and dry.
- Don't pull off the thin strips of tape covering your incision. They should fall off on their own in a week or so.
- Wear loose-fitting clothes. This will help cause less irritation around your incisions.
- You can shower as usual. Gently wash around your incisions with soap and water. Don't take a bath until your incisions are fully healed.
- Don't drive until you have stopped taking prescription pain medicine.
- Don't lift anything heavier than 10 pounds until your health care provider says it's OK.
- Limit sports and strenuous activities for one or two weeks.
- Resume light activities around your home as soon as you feel comfortable.

What to eat

- Eat a bland, low-fat diet.
- Drink six to eight glasses of water a day, unless directed otherwise.
- If you are constipated, take a fiber laxative or a stool softener.

When to call your health care provider

Call your health care provider right away if you have any of the following:

- Swelling, pain, fluid or redness in the incision that gets worse
- Fever of 100.4°F (38°C) or higher, or as directed by your health care provider
- Belly (abdominal) pain that gets worse
- Severe diarrhea, bloating or constipation
- Nausea or vomiting



**SURGICAL
SPECIALISTS
OF SPOKANE**

A DIVISION OF COLUMBIA SURGICAL SPECIALISTS

217 W Cataldo Ave
Spokane, WA 99201

9922 N Nevada
Spokane, WA 99218

13414 E Mission Ave
Spokane Valley, WA 99216

(509) 747-6194 | www.columbiasurgicalspecialists.com