



Discharge Instructions for Open Appendectomy (Appendix Removal)

You have had a procedure called an open appendectomy to remove your appendix. The appendix is a worm-shaped hollow pouch attached to the beginning of your large intestine. During an open appendectomy one incision (about two to three inches long) was made in your lower right side. A longer incision may have been used if the appendix ruptured. Here are guidelines to follow at home.

Incision care

Tips for taking care of your incision include the following:

- Wear loose-fitting clothes. This will help you be more comfortable and cause less irritation around your incision.
- Shower as usual.
- Gently wash around your incision with soap and water.
- Don't bathe or soak in a tub or swim in a pool until your incisions are well healed.
- If your incision was closed with small, white strips of tape, leave them in place for 10 days.

Diet

- 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.

Activity

Do's and don'ts for activities include:

- If you had general anesthesia, don't operate machinery or power tools, drink alcohol or make major decisions for at least the first 24 hours.
- Gradually increase activity level to help with your recovery. Start by doing light activities around your home once you feel able to do so.
- Don't drive until you are no longer taking prescription pain medicine.
- Don't lift anything heavier than 10 pounds until your healthcare provider says it's OK.
- Limit sports and strenuous activities for one or two weeks.

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



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