APPENDECTOMY DISCHARGE INSTRUCTIONS

1. You may shower, avoid soaking your incision in a tub for a week or so. Cleanse incision gently with a mild soap and water, rinse thoroughly-pat dry. Your incision does not need to be redressed. As your incision heals, the “steri-strips” will begin to curl up on their ends. You may gently pull them off when this happens.

2. There are no specific dietary restrictions associated with this surgery. Avoid foods that make you constipated and cause you to strain against your incision.

3. It is safe to use a mild laxative. **DO SO** if your bowels have not moved by the third day after surgery.

4. Lift only as much weight as you can manage easily. No lifting over 15 pounds for 6 weeks. Keep your back straight and allow your legs to do most of the work.

5. Moderate exercise is healthy. You may walk as much as you like. You are permitted to go up and down stairs slowly while using a handrail. Resume normal activity after 10-14 days.

6. You may drive when you are comfortable enough to react and move quickly in an emergency (usually 1-2 weeks after surgery). Long trips over 25 miles are not advised. **DO NOT** drive if you are taking prescription pain medication.

   *Return to work ________________________

7. For pain, one of the Ibuprofen compounds (Advil, Nuprin, etc.) or Tylenol is suggested. Should these not be effective in managing your discomfort, notify your physician. Prescription pain medication will be given on an individual basis.

8. Please call the office to report any of the following:
   - Temperature of 101° or higher.
   - Signs of infection, possibly including increasing incisional redness, warmth, tenderness, swelling, drainage, or bleeding.
   - Persistent moderate to severe pain.

   *Follow-up appointment with Dr. ____________________________ on ____________________________.