

Appendectomy Post-Operative Instructions

PAIN MEDICATION

1. You will be given a prescription for pain medication. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like, Extra Strength Tylenol for pain relief.
3. If you experience nausea and/or vomiting: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

DRIVING

1. Do NOT drive.
2. Do NOT drive while taking the prescription pain medication.

DRESSINGS

1. You may shower over the incisions on post-op Day 1. Blot dry.

ACTIVITY

- Keep activity light. NO lifting over 10 lbs. You may walk outside or upstairs.

DIET

- Remain on clear liquids for the **first 24- 36 hours**, then advance slowly to a low-fat diet.

PAGE THE DOCTOR

IF YOU EXPERIENCE:

1. Unusual color and/or discharge from the incision.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call us to schedule a follow-up appointment within 2 weeks following your discharge.

Please call Dr. Moore's pager number if you have ANY serious concerns or questions after surgery.