



Post-Op Laparoscopic Appendicectomy Instructions

You have had your appendix removed laparoscopically (via keyhole surgery). During your procedure, the surgeon made 2 to 4 small incisions – one near the bellybutton and the others elsewhere on your abdomen. Through one incision the surgeon inserted a thin tube with a camera attached (a laparoscope). Surgical tools were inserted in the other incisions.

You may feel discomfort in your shoulder and chest for up to 48 hours after surgery. This is normal and is caused by carbon dioxide gas used during the procedure. It will go away.

ACTIVITY

- Ø You may drive when you can move comfortably, are not drowsy from medication and will be able to perform an emergency stop
- Ø Resume light activities around your home as soon as possible. Don't lift anything heavier than 10kg for 2 weeks post-op
- Ø Sexual activity is fine if tolerable – if it hurts, STOP
- Ø Limit sports and strenuous activity for 1 – 2 weeks
- Ø Wear loose-fitting clothes for a while. They will cause less irritation around the incisions.

DIET

- Ø Eat a bland, low-fat diet for a few days then revert to regular diet as tolerated
- Ø Try to drink 6-8 glasses of water daily, unless otherwise instructed
- Ø If you are constipated, ask your chemist for a fibre laxative such as Movicol

WOUND CARE

- Ø Leave the dressings on for +/- 5 days. Wash the skin around the incisions daily with liquid soap & water. It's ok to shower the day after the surgery but do not soak the dressings. Stitches will dissolve and don't need to be removed. Once dressings are off, leave the Steri-strips underneath in place if they still stick to the skin, or remove them gently if they are loose. Clean wound sites gently with soap and water (do not soak) and apply a new dressing for +/- 4 days. Do not use anything else e.g. Dettol, Savlon, Bactroban unless explicitly directed to do so by Dr. Adherent Steri-strips can be removed after 10-14 days, keep them covered in the meantime. After that only apply a dressing if needed. If a wound has opened please let us know; it is not necessarily a cause for concern.
- Ø Once the wound is completely closed you can massage it with a scar treatment to reduce the appearance of the scar

WHEN TO CALL YOUR DOCTOR

Call your doctor (or go to Casualty if Dr isn't available) immediately if you have any of the following:

- Ø Redness, swelling, increasing pain, pus or a foul smell at the incision site
- Ø Fever of 38°C or higher
- Ø Increasing abdominal pain, constipation / diarrhoea, nausea or vomiting

It takes 5– 7 working days to get the histology results from the lab.

Follow-up appointments are not required unless something seems wrong or if you are concerned about something. If that is the case please feel free to contact the rooms for assistance.