



Appendectomy

Diet

- Start with clear liquids today, (soup, Jell-O, juices, popsicles, and carbonated beverages). Drink plenty of water (at least eight [8 oz] glasses/daily.)
- Advance to regular diet tomorrow. Eat lots of whole grains, fruits, and green leafy vegetables.
- Avoid foods that cause constipation such as dairy products, red meat, processed foods such as pizza, frozen dinners, pasta, sugar products such as cakes, pies, pastries, doughnuts and drinks containing caffeine.

Medication

- Take pain medication as prescribed. Take crackers or toast with pain medication.
- Take stool softeners as prescribed.

Activity

- Rest for the next 24 hours.
- Walk to bathroom and other short distances only, on night of surgery.
- On next day, get up and walk as tolerated.
- Do not make sudden position changes; if lying down; sit for a minute before standing.
- No lifting greater than 10 pounds for 6 weeks.

Dressing

- Keep your dressing clean and dry for 48 hours.
- You may remove the outer dressing after 48 hours.
- If you have a clear plastic dressing, keep on for 48 hours, then remove.
- If you have steri strips (thin strips of white tape), leave them in place until your appointment with your doctor. The steri strips may fall off on their own in approximately 10 days.

Bathing

- You may shower after 48 hours when dressings are removed. Gently pat-dry wound area with soft clean towel.
- No bathing, immersion or swimming for at least four (4) weeks.

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Miscellaneous

- No alcohol or driving for 24 hours after surgery or while taking pain medicine.
- Do not make any personal or business decisions for 24 hours.
- You should have a responsible adult with you for the rest of the day and night.

What to Expect

- Some discomfort, but this should not be excessive.
- Some swelling and bruising into the scrotal area.
- Mild amount of drainage.
- Bowel movement irregularity is expected with pain medication (take stool softener for constipation, as ordered.)
- You may feel sleepy during the day, but not excessively so.
- You may have some nausea or vomiting the day of surgery, but this should not persist.
- You may have a sore throat, if you had a general anesthetic.

Sterile Suction Drain (JP Drain)

- If you have a tube in the incision to drain fluid out of the surgical site, follow the instructions below. The tube will have a bulb-like device at the end of the tube to collect the fluid. When you return for a postoperative visit your surgeon will remove the drain.

How to Empty the Sterile Suction Drain:

- Before and after you empty the drain reservoir, wash your hands well with soap and running water. Pay special attention to rubbing your fingers, fingernails and the backs of your hands. Hand washing is an important step to help prevent infection.
- Empty your drain reservoir when you get up in the morning and before you go to bed at night.
- Pour the contents of the reservoir into the measuring cup, record the amount of drainage. Bring this record to your next visit with your surgeon.
- Squeeze the sides of the reservoir to remove all air. Reinsert the cap. The drain works properly only when the sides are flattened and a light suction is created.

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Telephone numbers to call with Problems or Questions

Surgery Clinic: Department 286

Mon – Fri, 8:30 a.m. to 5 p.m.
(408) 851-2000

Medical Offices Call Center

Mon – Fri, After Business Hours, Weekends and Holidays
(408) 554-9800

Emergency Department

Open 24 hours
(408) 851-5300

Anesthesia Service Line

Open 24 hours; your call will be returned within one business day.
(408) 851-6020

Follow-up Appointment

Name:

Place:

Date:

Time:

Return to Work:

Medical Provider: