**Laparoscopic Appendectomy**

**Diet**
- Start with clear liquids (soup, Jell-O, juices, popsicles, carbonated beverages or water) the first day.
- Eat a light meal the following day after surgery and then return to your normal diet.

**Medication**
- Take pain medications as prescribed by your doctor. Take your pain medication with crackers or toast.
- Take stool softener as prescribed by your doctor.
- Take antibiotics as prescribed by your doctor.

**Activity**
- Rest for the next 24 hours.
- No strenuous activity for two weeks.
- No heavy lifting.

**Dressing**
There will be 3 to 4 small incisions in the abdominal area. Your incisions will be closed with skin clips or sutures as determined by your surgeon. Dressings will cover your incisions.
- Keep your dressings clean and dry for 48 hours.
- You may remove your outer dressing in 48 hours. After you have removed your dressing, you may cover your incisions with Band-Aids or leave them open to air, which ever is more comfortable for you.
- You may shower after you remove your dressing.
- If you have steri strips (thin strips of white tape), leave them in place until your appointment with your doctor.
- If you have INDERMIL, a Topical Skin Adhesive, this would naturally slough off your skin in 5-10 days. Do not rub, scratch, or pick at Indermil. Do not apply any medications on any products to wound while Indermil is in place. You may shower only, after 24 hrs. No bathing, immersion or swimming for at least 10 days.

**What to Expect**
It is common to experience:
- Right shoulder discomfort, chest tightness, bilateral shoulder discomfort for 24 to 48 hours after surgery, gradually this will go away. It is caused by carbon dioxide used to inflate your abdomen during the procedure. Carbon dioxide is a gas, and like all gases, travels upwards, settling on your chest and shoulders.
- Soreness in the abdominal area similar to an ache you would feel after starting a new exercise program evolving your abdominal muscles. This ache will gradually go away within a few days.
- Your abdomen may be distended for a few days after surgery.
Laparoscopic Appendectomy

- There may be a large black or blue area (bruise), on your abdomen to your hip. This may appear within the first week after surgery. It is caused by blood pooling under the skin from your surgery. Your body will reabsorb this blood over time. The bruise will turn yellow and disappear in time.
- You may feel sleepy, rest for the first 24 hours.
- You may have some nausea or vomiting the day of surgery, but this should not persist beyond the day AFTER surgery.
- You may have a sore throat, if you received general anesthesia.
- It may take a few days before you have a bowel movement. Bowel irregularity is expected with pain medication. Take stool softener as ordered for constipation. This should gradually resolve, allowing you to return to normal.

Miscellaneous

- No alcohol or driving for 24 hours 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.
- Call your surgeon if:
  - Unable to drink liquids in the morning because of nausea.
  - Unable to urinate eight hours after your surgery.
  - Your temperature is greater than 100.5°F.
  - You notice excessive bleeding or unexpected drainage from the wound site.
  - You notice extreme redness or warmth around your incision sites.
  - You notice wound edges open or separate.
  - Your pain is not relieved by pain medication.
- Call your surgeon if you have any of the following symptoms:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>When It Might Occur</th>
<th>Possible Cause</th>
</tr>
</thead>
<tbody>
<tr>
<td>Temperature &gt; 101.5°F</td>
<td>Within 2 weeks</td>
<td>Infection within the abdomen or on one of the incisions</td>
</tr>
<tr>
<td>Severe abdominal pain increasing over time,</td>
<td>Hours to days after</td>
<td>Damage to the intestine</td>
</tr>
<tr>
<td>may be associated with nausea and vomiting</td>
<td>the procedure</td>
<td></td>
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<tr>
<td>and fevers</td>
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</tbody>
</table>

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 (if clinic is not open)
Mon – Fri, Weekends and Holidays
Laparoscopic Appendectomy

(408) 554-9800

Emergency Department
Open 24 hours
(408) 851-5300

Telephone numbers to call with Problems or Questions

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