



## S U R G I C A L   A S S O C I A T E S   O F   G A D S D E N

*Post-operative instructions for*

# Laparoscopic Appendectomy

### **Diet**

1. It is ok to resume a regular diet with no restrictions as tolerated.

### **Activity**

1. It is ok to climb stairs, walk to the mailbox, etc. as tolerated.
2. Do not drive until you are off narcotic pain medication and able to steer, press the brakes, etc. without pain.
3. Do not lift over 20 lbs. for six weeks from the surgery date.
4. You may resume sexual activity when you feel comfortable.

### **Wound care**

1. It is ok to shower the day after your operation. Let the water hit and bounce off the steri-strip bandages. Pat yourself dry with a towel.
2. Do not take a tub bath.
3. You can change the outer dressing, but do not remove the small white steri-strips on the incision sites until your post-op appointment.
4. Some bruising around the incisions is normal.

### **Follow-up**

1. Follow-up in the office in 14 days for staple removal/post-op. This appointment should be in your black folder given to you in the office. If your appointment was after-hours and you did not receive a black folder, the office should call you with a post-op appointment; if they do not, please call us to schedule one.
2. Call the office for any of the following:
  - nausea or vomiting
  - fever > 101.5°
  - pain unrelieved with prescribed pain medication
  - wounds that are red or draining fluid
  - diarrhea > 10 times a day

You must consult with your physician upon your post operative appointment regarding returning to work.

*Please feel free to call for any questions or concerns!*