



ALPINE
SURGICAL

Dedication Above and Beyond.

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POST OPERATIVE INSTRUCTIONS FOR APPENDECTOMY

- Advance your **diet** as tolerated. There will ultimately be no food intolerances after appendectomy.
- **Constipation** is to be expected while on narcotic pain medications. Most patients do not have their first bowel movement until **at least 3 days** after surgery. While utilizing narcotics, you should remain on an over the counter stool softener such as Colace or docusate. Fiber supplementation with Metamucil or Citrucel is also recommended. For severe constipation Miralax, Milk of Magnesia, or a fleets enema can be helpful. Do **not** use the enema if you have any chronic kidney diseases such as renal failure.
- **Pain** is a common complaint after laparoscopic or open surgery. Shoulder pain is an especially frequent complaint after laparoscopic surgery. A protected heating pad applied to your shoulder can sometimes help with shoulder pain. It should resolve within 1-2 days. Make sure to utilize the prescribed narcotic pain medications as recommended. If no sensitivity to anti-inflammatory medications or ulcer history exists, **ibuprofen (400-600mg) every 6-8 hours** is an excellent alternative in addition to or as a substitute to your narcotic.
- **Nausea** is a common complaint post op. This can be associated with narcotic pain medications, general anesthesia, as well as with severe constipation. Try to minimize your narcotic pain medications as soon as able. If vomiting, fevers or chills occur, please call the office at **303.449.3642**.
- Your incisions are closed with dissolvable sutures and covered with **glue**. The glue normally last approximately 1-2 weeks. If it comes off sooner, do not be alarmed. You can expect each of the incisions to form a hard knot beneath the skin. **Bruising** is especially common. If you notice any areas of increasing warmth or redness, fevers, or chills, please call the office at **303.449.3642**.
- You may **shower** the day of surgery if **skin glue** is used (otherwise please wait to shower until the following day). Avoid soaking your incisions in a bath tub or hot tub until you have been seen in follow-up.
- **Driving** may be resumed when off all narcotic pain medications and you can turn or twist your body comfortably without hesitation.
- **Activity limitations** include no lifting more than **30 pounds** for **two weeks** after surgery.
- **Schedule** a post-operative visit 7-14 days after surgery. If one has not been arranged before surgery, please call the office at **303.449.3642** to coordinate.