**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 METAUMUCIL OR CITRUCEL (1 TABLESPOON WITH 8OZ WATER) IS ALSO RECOMMENDED. FOR SEVERE CONSTIPATION, MILK OF MAGNIESIA (30 ML) 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 STERI-STrips.** THE STERI-STrips NORMALLY LAST APPROXIMATELY 1-2 WEEKS. IF THEY FALL 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 AFTER SURGERY.** 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 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.**