

# Laparoscopic Appendectomy Instructions Following Surgery

**\*If you have increasing redness around the incision sites, thick drainage, or fever above 101°F  
call the office as soon as possible (314-434-1211).**

## WHAT TO EXPECT

- You will feel tired and sore after surgery. You should be about 85% improved by post-op day #7. However, you might not feel 100% improved for 6 weeks after surgery.
- You may experience shoulder pain or gas bubbles a few days after surgery. This is from the gas used during the operation and is common with any laparoscopic procedure.
- You may or may not turn black and blue around your incision sites and surrounding tissue.

## INSTRUCTIONS

- You may shower **2 full days after** your surgery. Remove the dressings. *Leave steri-strips on, if present.*

## MEDICATIONS

- You will be sent home on pain medicine. While on pain medicine, it is a good idea to take a stool softener to counteract constipation. You can also take Milk of Magnesia (a laxative). All are over the counter. You **should not** drive while on pain medicine.
- You may be sent home on antibiotics. Be sure to take all the antibiotics that are prescribed for you. If you experience GI upset add a cup of yogurt or probiotic to your daily diet.
- If you feel that the pain medication is too strong, you may take Ibuprofen (*Advil*) or other over the counter pain medication that has been approved by your Primary Care Provider. Do **NOT** take in conjunction with your prescription pain medication.
  - A heating pad may also bring some comfort when used starting 2 days after your surgery in 15-20 minute increments. Do not use high heat.

## RESTRICTIONS

- You should not do any strenuous exercise for 6-8 weeks unless directed otherwise. No lifting over 10-15 lbs. (Ex: a gallon of milk weighs 8 lbs). This is to avoid a possible hernia at the incision site.

- You may walk as much as you want (*including stairs*). You may also do cardio, but avoid exercises that use your abdominal muscles.

*FOLLOW UP*

- Call St. Louis Surgical Consultants for a “**post-op**” visit with your surgeon 1-2 weeks after your surgery (314-434-1211).
- **The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.**