

Laparoscopic Appendectomy

After Visit Summary

This is general information. See your After Visit Summary for how to take care of yourself after surgery.

Your health care team will work with you to understand any challenges you have after your hospital stay. This will help your team make a plan to make sure you have the right care and support to help manage your health after you leave the hospital.

Your Surgery

Your health care provider will remove your appendix with a laparoscope during surgery.

A laparoscope is a thin, lighted tube. It is inserted near your appendix. It allows the surgeon to view the area on a TV screen. A small amount of air is used to expand the area for a better view. The surgery usually has 3 small incisions.

Before the Surgery

- Tell your health care provider if you:
 - are pregnant
 - have a latex allergy
 - have diabetes
 - take a blood-thinner medicine.
- Remove any jewelry or piercings.

What To Expect After Surgery

The following side effects are normal and should not cause you worry:

- aches and pains around the incision site
- slight oozing of blood or watery material from the incision site
- discomfort in your chest, back, neck or shoulders. (This can last up to 48 hours.)
- bruising on your abdomen
- puffy feeling in your abdomen for several days.

Incision Care

- Steri-Strips® (paper-like tape) may have been placed on your incision. They can get wet in the shower. You may peel them off after 7 days.
- Follow any directions your health care provider gives you.

Activity

- Your health care provider will tell you when it's OK for you to shower, drive, return to work and have sex.
- Get regular activity and try to walk for a total of 30 minutes a day.
 - Start by walking for 5 to 10 minutes at one time and slowly build to walking 30 minutes.
 - Walk often. Try to walk at least 4 to 5 times a day.
 - Increase the amount you walk as you are able.
- Slowly return to your regular level of activity.
- Follow your health care provider's directions for how much you can safely lift.
- Save your energy by spreading out activities that make you tired.
- Rest as needed.
- Avoid tobacco and secondhand smoke. They can slow your recovery.

Food and Beverages

- Eat well-balanced meals. Follow any instructions your doctor gave you.
- Drink more fluids.
- Avoid alcohol while you are taking prescription pain medicine.

Pain Relief

- Take any prescription or over-the-counter medicine as directed.

When To Call Your Health Care Provider

Call your health care provider if you:

- have new pain or pain you can't control
- have a temperature higher than 101 F
- feel dizzy or lightheaded that won't stop
- have signs of infection at your incision site:
 - pain
 - swelling
 - redness
 - odor
 - warmth
 - green or yellow discharge
- are unable to get out of bed
- have nausea (upset stomach) and vomiting (throwing up) that won't stop
- have any questions or concerns.

Follow-up Appointment

Keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.