

## UOA MS

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**Patient Name:**

**Special Instructions:**

**Follow Up:**

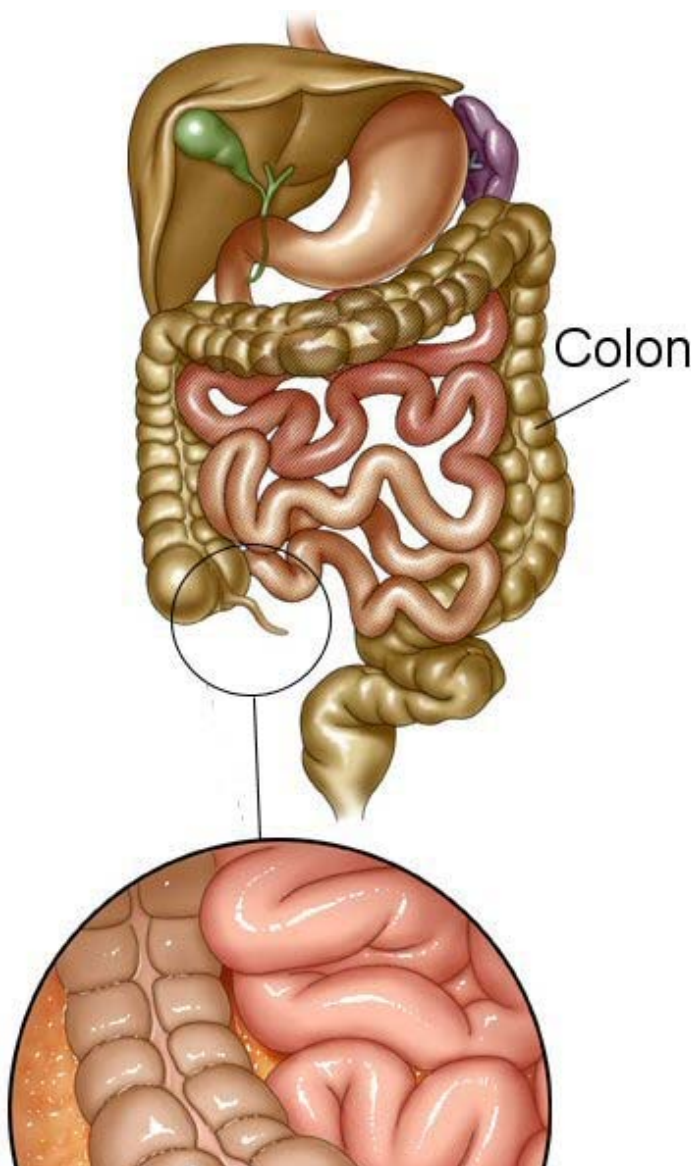
# Laparoscopic Appendectomy

## Care After

Refer to this sheet in the next few weeks. These instructions provide you with information on caring for yourself after your procedure. Your caregiver may also give you more specific instructions. Your treatment has been planned according to current medical practices, but problems sometimes occur. Call your caregiver if you have any problems or questions after your procedure.

## HOME CARE INSTRUCTIONS

- **Do not** drive while taking narcotic pain medicines.
- Use stool softener if you become constipated from your pain medicines.
- Change your bandages ( *dressings*) as directed.
- Keep your wounds clean and dry. You may wash the wounds gently with soap and water. Gently pat the wounds dry with a clean towel.
- **Do not** take baths, swim, or use hot tubs for 10 days, or as instructed by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- You may continue your normal diet as directed.



- **Do not** lift more than 10 pounds (4.5 kg) or play contact sports for 3 weeks, or as directed.
- Slowly increase your activity after surgery.
- Take deep breaths to avoid getting a lung infection (*pneumonia*).

## **SEEK MEDICAL CARE IF:**

- You have redness, swelling, or increasing pain in your wounds.
- You have pus coming from your wounds.
- You have drainage from a wound that lasts longer than 1 day.
- You notice a bad smell coming from the wounds or dressing.
- Your wound edges break open after stitches (*sutures*) have been removed.
- You notice increasing pain in the shoulders (shoulder strap areas) or near your shoulder blades.
- You develop dizzy episodes or fainting while standing.
- You develop shortness of breath.
- You develop persistent nausea or vomiting.
- You cannot control your bowel functions or lose your appetite.
- You develop diarrhea.

## **SEEK IMMEDIATE MEDICAL CARE IF:**

- You have a fever.
- You develop a rash.
- You have difficulty breathing or sharp pains in your chest.
- You develop any reaction or side effects to medicines given.

## **MAKE SURE YOU:**

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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