

YOU'VE HAD YOUR APPENDIX REMOVED BY KEYHOLE SURGERY (laparoscopic appendicectomy)

The following information will assist you with the follow up care required after your operation.

Dressings

- You may have dressings covering three or four places
- These dressings are waterproof and it is okay to shower with them on.
- Your surgeon will tell you when you should take the dressing off (usually five to six days after the operation)
- The stitches will usually dissolve by themselves. The surgeon will tell you if your stitches are different.

Pain relief

- You may have pain at the sites where the operation was done. Take regular pain relief as advised by your surgeon
- You may feel pain on the tips of your shoulders. This will normally disappear within 24-48 hours.
- If you put hot packs on your shoulder and take paracetamol, this may help with any pain.

Restrictions of activities

To assist your healing and safety, we recommend that you:

- Do not do anything strenuous for four to six weeks
- Do not lift anything heavier than 3 kilos for four to six weeks
- Do not drive until your surgeon thinks it is safe. Please check your car insurance policy to make sure there is nothing about driving after an operation).
- Do not have a bath or swim until the wounds have healed to prevent infection

It is also important to remember to

- Dry your stomach area gently after a shower – pat carefully with the towel and don't rub .
- Continue your deep breathing and leg exercises
- Gradually start normal light activities that do not cause you pain or discomfort.

Your follow up appointment


Your follow up appointment is:

- GP _____
- Outpatients _____
- Surgeon _____

Seek Medical Advice if you experience any of the following

- Fluid from the wound site
- Fever
- Nausea and vomiting that does not settle within 24 hours
- Pain that is not relieved by the pain relief

If you have any concerns or questions, please contact your GP or ring the hospital on: **02 6244 2222** and ask to speak to the emergency department

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