



Discharge Instructions for Appendectomy (Appendix Removal)

After Surgery

- Pain is expected after your surgery. Your provider will prescribe you a narcotic medication that will help with your pain. Please use as directed and if not needed, don't take it. If the pain medication that is prescribed to you is not helping, please call the office at 816-525-2840.
- Right after surgery and while on pain medication we ask that you use medications to prevent constipation:
 - Senna-S 2 tablets twice a day.
 - Miralax 17gm twice a day.
- If your appendix ruptured, you may have a drain in your incision. This will be removed at the time of your post-operative appointment with your provider.
- If you were prescribed antibiotics, take them until they are gone (not until you feel better).
- Move your legs around while laying / sitting. If you are able to walk around, this will help to prevent a blood clot in the legs or pneumonia.
- You may shower 24hrs after surgery.
- Please avoid the following:
 - Driving / working / big decision making while taking narcotics.
 - Soaking in a tub / hot tub / any water for 2 weeks after your surgery date.
 - Swimming for 2 weeks after your surgery date.
 - Heavy lifting (no more than 15 lbs.) for 4 weeks after surgery date.
 - Strenuous activity for 4 weeks.
- You may return to light-duty job when pain allows, if you are no longer taking narcotics.

When should I contact my doctor after surgery? 816-525-2840

- Fever 101° or greater.
- Pain that is not relieved with pain medication.
- Redness, bleeding, and/or foul-smelling drainage from the incision area.
- Pain/redness in either calf.
- Persistent nausea and/or vomiting.
- Severe diarrhea or bloating.