

Discharge Instructions After Appendectomy

Appendectomy

it is a surgical procedure to remove the appendix due to inflammation of the appendix wall

Discharge instructions:

- Perform breathing exercises when experiencing shortness of breath or pain in the throat or even sputum collecting in the throat and this exercise should be by taking a deep breath and then try to expel phlegm, notice to support the abdomen when doing so with small pillow or hand
- Observation the Incision sites in terms of redness, swelling, exhalation of pus or bleeding, and raised body temperature, if that happened patient should go to the clinic or emergency
- Feeling of itching around the wounds is not dangerous sign and does not require the hospital to check it
- Patient should start Walking after 6 hours of completion of the process to ensure proper gas relieve, and prevent DVT formation
- Try to move the feet continuously while staying in bed to move the blood circulation and avoid stagnation of blood in the legs
- Patient should eat balanced diet as instructed by the doctor and dietician
- Avoid carrying heavy stuff over 4 kilograms, pull it or push it to prevent wound complications, and patient can pray while sitting
- sexual intercourse should be avoided according to the doctor order
- Don't submerge body in water (swimming pool, Jacuzzi) as per doctor advice

Come to emergency room in case of:

- Persistent high temperature above 38.5c
- Severe bleeding from the wound (it is normal to notice small drops over the dressing)
- Abdominal distention
- Persistent pain not relieved by taking pain killers or worsen pain
- Persistent Nausea or vomiting
- Consistent coughing or shortness of breath
- Secretions or pus come out of the wound area
- Redness, swelling and the skin around the wound become hot
- Unable to eat or drink

Follow up:

- After the procedure and upon discharge you will get follow up appointment to visit general surgery clinic within one week