



Patient Instructions after Appendix Surgery

by Dr. Jose Erbella

Procedures	Laparoscopic or Open Appendectomy
Incision Care	Remove any dressing(s) in 48hrs. The incision(s) may be sealed with staples , a skin adhesive (Dermabond) or covered with white adhesive tapes known as steri-strips . Either way, there is no need to cover up the incisions again with gauze.
Drain Care	If you go home with a JP drain, please measure & record the daily output . Call our office if the output is less than 30ml over 24hours to have it removed prior to your follow-up visit. Wash around the drain site gently with soap & water or peroxide daily. Apply a small amount of antibiotic ointment to the drain site daily.
Shower	You may shower 48 hours after surgery & get the incision(s) or steri-strips wet with soapy water and gently pad them dry. If the steri-strips come off in the shower, do not become concerned. If they are still in place 14 days after surgery, you may remove them.
Pain Medications	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). Options for non-constipating pain medications include products that include Ibuprofen or Tylenol. To combat constipation, you may take a stool softener (Colace) twice each day.
Common Complaints	Shoulder pain from the carbon dioxide used during the procedure is common. Your body absorbs this gas naturally over a 48-72 hour period. Tylenol (Acetaminophen) or Ibuprofen (Motrin) is usually sufficient to relieve this discomfort. Your throat may be sore from the breathing tube. This too resolves in a day or two. Cough drops and throat lozenges are soothing.
Activity & Clothing	Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 4-6 weeks . Wear comfortable, loose-fitting clothes (elastic waist or sweat pants) for at least a week.
Diet	You may eat anything you desire. If your throat is sore, try eating soft foods.
Return to Work	You may return to work in 1-2 weeks .
Physician Appointment	Call (941) 896-4788 to make your post-operative appointment to see Dr. Erbella in 1-2 weeks or if you have any questions.
When to call your Surgeon	Persistent fever over 101.5 degrees F (39 C). Pain that is not relieved by your medications. Persistent nausea or vomiting. Persistent cough or shortness of breath. Purulent drainage (pus) or bleeding from any incision. Redness surrounding any of your incisions that is worsening or getting bigger. If you are unable to eat or drink liquids.
In Case of Emergency	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.