

Drs. Bartolozzi, Magalski & Harrison  
General, Laparoscopic and Oncologic Surgery

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Discharge Instructions  
Appendectomy

1. Call the office to make an appointment for 7 to 10 days from time of discharge. If your doctor wants to see you sooner, he will let you know.
2. Drink plenty of liquids. You may resume your normal diet. Your appetite may not return for several days. If you have persistent nausea or vomiting, please call us. It is common to feel bloated for several days.
3. You may remove the outer dressing / Band-aids 24 hours after surgery. You should leave the Steri-strips (“butterfly strips”) on until seen by the doctor in followup. If you have staples, these will be removed in the office on follow-up. You do not need to cover the incisions with dressings unless they become irritated by clothing.
4. You may shower and get the wound wet after you remove the dressings. However, please do not go swimming or soak the wound in a bath until cleared to do so by your doctor.
5. Please do not do any heavy lifting (no more than 10 pounds) until cleared to do so by your doctor in follow-up. Avoid strenuous physical activities / exercise until cleared to do so by your doctor. Otherwise, you may resume normal physical activities such as walking and using the stairs.
6. You may resume any previous medications you were on before the surgery. If you are on any blood thinners, such as aspirin, Plavix or Coumadin, please tell the doctor.
7. Take the prescribed pain medication as directed / needed. You may take ibuprofen (Advil, Motrin) if the pain is only mild. Avoid taking additional Tylenol as the pain medication you have been prescribed contains Tylenol. The prescribed pain medication may make you constipated - if you do not have a bowel movement for more than two days, take an over the counter laxative.
8. Call the office if you have fever, shakes, chills, worsening pain, bleeding, drainage from the wound or any other signs of infection. These instructions are guidelines for the more common questions people have after surgery. If you have any questions or concerns not addressed in the above, please call us.