

Post-Op Instructions
Laparoscopic Appendectomy

You underwent a laparoscopic Appendectomy. This means your appendix was removed. Below are instructions and descriptions of what to expect over the next week.

Pain Medications:

- You will have some pain. I have prescribed a pain medication. Take this medication with food.
- Do not drive while on this medication.
- Avoid taking Tylenol containing products while on this medication.
- This medication may make you feel drowsy.
- It may also cause constipation. Drink plenty of water while taking it. You may take over-the-counter stool softeners such as Colace as directed while on this medication.
- You may supplement this medication with over the counter medications such as Advil or Aleve as directed on the bottle.
- Avoid alcohol intake while on prescription pain medication.

Dressings:

- All of your stitches are internal and will not require removal
- You have outer dressings and tape strips. Remove the outer dressings two days after surgery.
- Leave the tape strips as long as possible (1-2 weeks)

Activity:

- Be active but don't overdo it. Take several short walks a day over the next week.
- Do not lift more than 15 - 20 pounds for 6 weeks.
- Avoid strenuous exercise for 2 weeks.
- Shower two days after surgery. Do not soak or swim for 2 weeks.

Diet:

- It is common to have a poor appetite and mild nausea after any surgery
- Avoid fatty, fried and spicy foods. You may reintroduce these slowly over the next few weeks.
- Many people do not tolerate dairy. Please avoid excessive dairy over the next few weeks.

Please call or go to the ER if:

You have severe pain, nausea, vomiting, bleeding or other discharge from your wound, fever > 100 degrees Fahrenheit, or any symptoms concerning to you.
Please call if you do not pass gas for a day or don't have a bowel movement within 3 days of surgery.

Follow up:

Please call in 1 or 2 days to make an appointment to see me in the office in 1-2 weeks.
Please let me know if you have any questions or concerns. I hope you feel better very soon.

David J. Lundy, MD

Patient Signature/Date

Witness Signature/date

_____ / _____

_____ / _____

_____ / _____

David J. Lundy, MD
2352 Meadows Blvd, Suite 200
Castle Rock, CO 80109
303-814-8138