

Discharge Advice

- Avoid anything that may make you cough or strain, eg: do not smoke, no heavy lifting, avoid getting the flu or a cold.
- You may experience some numbness around the operation site. This is quite normal, as some of the nerves beneath the skin will have been cut. It is also normal to feel a lump under the scar and this may always remain.
- Eat a high fibre diet and drink plenty of fluids to avoid constipation. This is important, as the pain tablets you will be given can cause constipation. Take the pain tablets only as prescribed.
- If your wound becomes red, swollen, painful or hot to touch, or has any discharge, contact your local doctor.
- You will be given an appointment to see the Surgeon or Local doctor in 7-9 days. It is important to keep this



Activity After Discharge

Around the House: You should not do any heavy lifting (eg Basket of wet washing) or straining for 6 weeks.

Return to Work: This depends on the type of work you do, and should be discussed with your doctor but generally you will be off work for 1-4 weeks.

Driving: You can resume driving when you are pain free, this is usually 1-2 weeks.

Sport: Resumption of sporting activities is variable, and you should discuss this with your surgeon and/or local doctor.



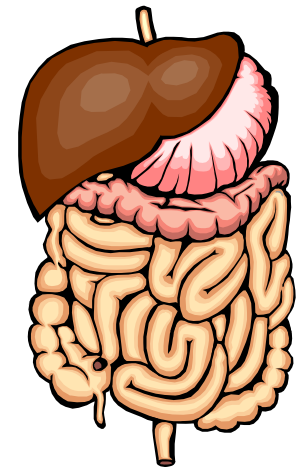
Disclaimer: This patient pathway is intended as a guide only. As each patient is an individual and responds differently, the care plan may alter. If you have questions, please discuss with your Doctor or Nurse

This pathway provides information about your surgery, admission to hospital, and what to expect as you recover. Please read this and bring it with you on the day of your operation.

Ask the staff if you have any questions or concerns.

What is an Appendix?

An appendix is a tube, about 5cm in length and a little thicker than a pencil, located on the right side of your lower abdomen. If this tube becomes plugged and infected, appendicitis can develop. It is uncommon for appendicitis to get well by itself and requires surgical removal.



How can it be fixed?



An appendix is removed through a small cut on the right side of your lower abdominal wall, which may not be where you actually feel the pain.

Expected Length of Stay

- You will be expected to stay in hospital for two days after your surgery before you go home unless otherwise directed by your surgeon.
- Please make arrangements for someone to drive you home on discharge.

Things you may need in hospital

- Any medicines you are taking because these will be continued whilst you are in hospital
- Glasses, and /or hearing aids if you use them.
- Toiletries and night clothes.
- Do **not** bring a large amount of money, jewellery or valuables



Emergency Department

- You will be assessed by a doctor & nurse who will notify the Surgeon.
- You will not be able to have anything to eat or drink until after your operation.
- You may have an Electrocardiograph and blood tests taken
- Your Blood pressure, weight and urine test will be recorded.

After your Surgery

- You will be transferred to a ward after your operation.
- Your pulse, blood pressure, breathing rate, oxygen levels and temperature will be measured regularly.
- You may need to wear an oxygen mask for a short time after your operation.



Pain Relief

- You may be given some pain-killing injections after your operation and then tablets to take for a few days when you go home.
- It is important for you to tell the nurses if you have pain.

Wound Care

- The wound should be kept clean and dry.
- The stiches are usually dissolvable but if not they will be removed by the surgeon or your local doctor in 7- 9 days. An appointment will be made for you by the nursing staff.
- The dressing on your wound will be changed before you leave hospital and a dressing applied. This will be removed when you see your doctor in 7-9 days, if it is waterproof. If a non-waterproof dressing is used it should be changed each day after your shower.

Food & Fluids

- You will be able to drink 4 hours after your operation and have a light diet if you desire..
- A normal diet and fluid intake is usually commenced on the day after your operation.
- You may have an intravenous line (drip) in your arm until you are drinking normally.



Activity Whilst in Hospital

- The nursing staff will help you out of bed later in the day of your surgery and you may go to the toilet. Next day you will be able to walk short distances, which you may slowly increase as you feel fit.