



Preoperative and Postoperative Care Instructions

Laparoscopic Appendectomy Post-Op Care Instructions

- No lifting greater than 10 lbs. (a gallon of milk) or strenuous activity with surgical side.
- You may shower in 24 hours, but do not soak the incision (i.e. tub, hot tub, pool, or ocean) until evaluated in the office.
- Remove outer dressing in 3 days (or if it becomes wet), leaving sutures or steri-strips in place and wash with soap and water daily.
- Follow up in our office in 1 week for wound evaluation and suture removal (if present). We will also discuss any surgical findings as well as pathology reports at that time.
- Follow your diet as tolerated.
- Increase fluids.
- Gradually increase activity.
- Continue to take frequent deep breaths and cough every 2 hours to expand your lungs.
- Use your pain medication and antibiotics (if prescribed) as directed.
- Please notify us if you have a fever of 101 or greater, bleeding, nausea or vomiting, inability to urinate, or pain greater than expected.

Please contact our office if you have any questions or concerns.

(251) 424-1620