



Information for You from Your Health Care Team

After Your Appendectomy

What about my child's activities?

- No swimming for 5 days

Open Appendectomy:

- No gym, sports, strenuous activities for 4 weeks after surgery or per surgeon's orders.

Laparoscopic Appendectomy:

- No gym, sports strenuous activities for 2-3 weeks after surgery or per surgeon's orders.

When should my child take a bath?

- Sponge bath for 2-3 days to keep dressing dry, then bath or shower daily.
- Bathing assists in healing, comfort and cleanliness.

What is under the dressing?

Open appendectomy:

- A white gauze dressing will cover the surgical site. Under the gauze dressing are small white bandages called steri strips these usually fall off in 7-10 days. The inside stitches that hold the incision together does not need to be removed. The body will absorb them.

Laparoscopic appendectomy:

- The belly button and the port sites will each have paper tape on them. The belly button is usually sorer.

What medicine should I give my child for pain?

- Motrin® may be used the day after surgery for pain relief
- Tylenol® with Codeine: every 4 hours as needed for discomfort.
Codeine may cause constipation; you may use 8 ounces of ½ orange juices and ½ prune juice daily.

Do not give the child any narcotic medicines containing Tylenol at the same time as regular Tylenol. Narcotic medicines that have Tylenol include: Lortab and Vicodin.

What should my child eat?

- Regular diet.
- If vomiting occurs, do not give your child anything to eat or drink for 1-2 hours. Then offer small amounts of clear liquids until your child does not vomit anymore. Then slowly start their normal diet.

When do I bring my child back to the doctor?

- Your child should be seen in the office in 7-14 days after surgery.
- An appointment should have been made for you and is noted on the papers you received from our office. If it has not been made please call 315-464-2878 during office hours for an appointment.

When should I call the doctor?

- Temperature more than 101
- Excessive bleeding (some spotting is normal)
- Extreme irritability
- Decrease in appetite along with decrease in energy level
- Their pain is not controlled with prescription pain medicine

**Division of Pediatric Surgery
315-464-2878**

Speak Up if You Have Any Questions or Concerns