

Date: [Date]

Patient Name: [Patient Name]

Date of Birth: [DOB]

Date of Surgery: [Surgery Date]

Post-Operative Discharge Instructions: Appendectomy

You are being discharged following an appendectomy. Please follow these instructions for a safe recovery at home.

1. Wound Care

- Keep the incision site clean and dry.
- You may shower 24-48 hours after surgery, but do not soak in a tub or pool until cleared by your doctor.
- If you have adhesive strips (Steri-Strips), let them fall off on their own.

2. Activity

- Rest for the first 24-48 hours.
- Walk short distances frequently to prevent blood clots and aid digestion.
- Do not lift anything heavier than 10 pounds (4.5 kg) for the next 2-4 weeks.
- Do not drive until you are no longer taking narcotic pain medication.

3. Diet

- Start with clear liquids (broth, juice, gelatin).
- Advance to soft foods and then a regular diet as tolerated.
- Drink plenty of water and eat high-fiber foods to prevent constipation.

4. Medications

- **Pain Relief:** Take [Medication Name] as prescribed. Do not mix with alcohol.
- **Antibiotics:** Complete the full course of [Antibiotic Name] if prescribed.
- **Stool Softeners:** You may take an over-the-counter stool softener if needed.

5. When to Call the Doctor

Contact your surgeon or seek medical attention if you experience:

- Fever over 101F (38.3C).
- Redness, swelling, or drainage at the incision site.

- Severe abdominal pain that is not relieved by medication.
- Persistent nausea or vomiting.
- Inability to pass gas or have a bowel movement.

6. Follow-Up

Your follow-up appointment is scheduled for: **[Date and Time]** at **[Location/Clinic Name]**.

Doctor Signature: _____

Contact Number: [Phone Number]