

**Claremore Surgeons, Inc.**  
**Lawrence C. Brotherton III, M.D.**      **L. Kyle Hrdlicka, D.O.**

**Post-Op Instructions After Open Appendectomy**

**Diet**

- Advance your diet as tolerated. Be sure to drink plenty of fluids.

**Incision Care**

- If Steri-Strips were used:
  - You may shower. Remove the external dressings in 48 hours.
  - The tapes over the incisions stay on for up to 7 days, then you can remove them.
- If Dermabond (skin glue) was used:
  - You may shower now, but do not vigorously scrub the incisions.
  - The Dermabond will flake off in 7-10 days. Do not pick at the incisions.
- Avoid immersing the incisions in a bathtub, pool, or hot tub for 2 weeks.
- If you have an open wound, care for it as instructed by your doctor with twice a day wet to dry dressing changes or a Wound Vac if that has been ordered for you.

**Medications**

- You will be given a prescription for a narcotic containing pain medication such as Percocet or Vicodin. Take it with food and plenty of water. Drowsiness and nausea may occur.
- Your pain medications may cause you to become constipated. Should this happen, take milk of magnesia, 1 oz at bedtime. You can also use over the counter stool softeners like Colace.
- Do not drive or operate heavy machinery while taking these medications.
- If you were placed on antibiotics take them until they are completely finished.

**Activity**

- Get up and walk at least three times a day.
- You may drive when you are off the narcotic pain medication for 24 hours, and able to push the brake pedal with force if necessary to stop quickly. For most, this is in 5 to 10 days.
- Avoid lifting objects over 10 pounds for 6 weeks after the operation.
- Avoid strenuous activity, exercise, or sexual intercourse until after your follow-up visit.
- Other activities are fine so long as you can perform them without causing pain.

**Follow-Up Appointment**

- Call the office at 341-5311 to schedule your follow up appointment for 2 weeks.

**Call our office at 341-5311 during business hours or the hospital after hours at 341-2556 if:**

- Fevers 101°F or higher.
- Spreading redness, swelling, or drainage (bleeding or pus) from the incision site.
- Worsening abdominal pain, persistent nausea, vomiting, or constipation.
- Any other questions or concerns that may arise pertaining to the operation.
- In case of emergency, go to the Claremore Regional Hospital Emergency Room

***I HAVE RECEIVED AND UNDERSTAND THESE INSTRUCTIONS***

\_\_\_\_\_ Patient/Guardian      Date \_\_\_\_\_