

Lake of the Woods District Hospital
21 Sylvan Street
Kenora, Ontario
P9N 3W7
Telephone (807)468-9861 Fax (807)468-3939

Did your doctor tell you that you have developed an
infection related to your surgery?

If YES, please call the Infection Prevention Control
office at LWDH

(807) 468-9861 extension 2362

Thank you for helping us ensure quality care.

**DISCHARGE
INSTRUCTIONS
FOR
APPENDECTOMY**

1. Increase dietary protein to promote tissue building and healing, unless on a restricted or special diet.
2. Increase the fluid and fiber in your diet to help your bowels move. Laxatives, such as Milk of Magnesia, may be used for constipation.
3. You will tire easily, so resume activities only as tolerated.
4. Do not lift anything heavier than 10 pounds (6 kg) for 4 to 6 weeks or as otherwise directed by your physician.
5. You may shower starting in 1 to 2 days. Avoid tub bathing until steri-strips or staples are removed. When showering, avoid saturating incision with water while steri-strips are in place. Pat incision dry. Avoid use of soaps, powders and lotions.
6. If your wound is not completely healed and you require dressing changes, Home Care or some support service may be in to assist you, if you so choose.
7. Resume medications as on at home unless otherwise directed.
8. Take your prescribed pain mediation as directed (every 4 hours, if needed) for discomfort.
9. Discuss when you will be able to return to work with your doctor.
10. If you have steri-strips along your incision, you may remove them in 1 week.

11. If you have been given sedation (intravenous medication): Sedative and narcotic medicines given during your procedure may linger for hours. Thus, you may notice some drowsiness during the remainder of the day. For this reason, it is essential that a companion drive you home or accompany you if you plan to take a taxi or public transportation. You should not drive today or operate machinery. You should not plan any activities that require complex thought or coordination today. Do not drink alcohol or take sedative medicines during the next 24 hours.

12. Notify your doctor or come to Emergency if any of the following occur:

- Excessive pain or nausea
- Unusual bleeding from your incision
- Redness, swelling or drainage of pus from incision
- Elevated temperature over 100F (38C)
- Faintness or dizziness
- Unusual cough or shortness of breath
- Severe abdominal bloating or tenderness

13. Make an appointment to see Dr. _____
in _____ Phone number _____

**** If you have any questions do not hesitate to call your doctor ****

Special Instructions: _____

