

Appendectomy: Returning Home

An appendectomy is surgery to remove your appendix.

It's the main treatment for appendicitis, which happens when your appendix gets inflamed or infected.

After your surgery, you may feel weak and tired and have symptoms like diarrhea, constipation, or an upset stomach for several days.

You might have pain and bloating in your belly.

You may also have some shoulder or back pain depending on the surgery.

It can take up to a few weeks, or sometimes longer, to recover

depending on the type of surgery you had and whether the appendix ruptured. Because there are different ways doctors may do an appendectomy.

Follow any instructions you were given about activity, diet, or medicines.

Here are some key things to help you avoid problems.

Get plenty of rest.

But also it's important to get some activity, which may help prevent problems like pneumonia and blood clots.

Try to do light activity, like short walks.

Do more gradually, as you feel better.

While you're still healing, follow any precautions you were given about driving and avoiding strenuous activity or lifting.

You can eat your usual foods, if your doctor says it's okay.

For an upset stomach, you might try eating bland foods for a while.

Be sure to get enough fluids.

Drink water if you're thirsty.

Follow your doctor's instructions about your medicines and when to take them, and take your medicines as prescribed.

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Also, follow any instructions you were given about caring for your incision and when you can shower or bathe.

Watch for any problems, and call your doctor if you have problems, such as new or worse pain bleeding or having your incision come open or signs of infection, such as increased pain, swelling, warmth, or redness, red streaks leading from an incision pus draining from an incision or a fever.

Be sure to call your doctor if you have any questions.

Taking care of yourself after surgery can help you heal and avoid problems and recover sooner.