

About Your Appendectomy



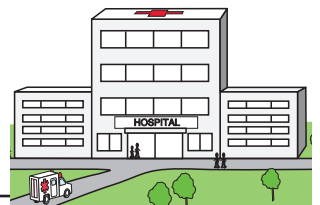
You have had your appendix taken out (appendectomy).
Here are some instructions to help you take care of yourself.

- You may notice a change in your bowel movements. You may have 1 to 3 loose or watery bowel movements (diarrhea) a day. Or, you may be constipated (not able to have a bowel movement). Your bowels will slowly get back to normal. If you have diarrhea or are constipated for more than 3 days, go to the Emergency Room.
- You may not feel like eating. If there is a food that makes you sick to your stomach, **do not** eat it. Eat small meals 4 to 6 times a day instead of 3 large ones.
- **Do not** drink any kind of soda pop. It will give you gas.
- **Do not** drink beer, wine, or hard liquor.
- **Do not** lift anything heavier than 10 pounds (about the weight of a gallon of milk). **Do not** do anything that makes you very tired for **at least 6 weeks**.
- Do not get your wound wet for 2 days. You may take a sponge bath during this time. After 2 days you may take a shower. Do not take a tub bath. After you shower, gently pat your incision dry with a towel. **Do not** rub it.



Come to the Emergency Room if you:

- Have diarrhea, or are constipated for more than **3 days**.
- Feel sick to your stomach or vomit more than 2 to 3 times.
- Have a fever of 101° F (38° C) or more.
- See redness or swelling around your wound.
- See yellow or green drainage coming from your wound.
- See a bulge or bump in your lower abdomen or near your groin.



Call the Nurse Line (214) 266-8777 if you have questions or concerns.