

For the best recovery after your surgery, follow these instructions. Contact us if you have any questions or concerns after reading this.

Pain Control

Most patients only need over-the-counter medication to manage pain for the first 1-2 days after surgery.

Over-the-Counter Pain Medicine

- Acetaminophen (common brand, Tylenol®)
- Ibuprofen (common brand, Advil® or Motrin®)

Take pain medication only if you need it. Follow the instructions on the package.

It's safe to take these medicines together. If you are in a lot of pain, you can alternate between taking Ibuprofen and Acetaminophen. Take one dose of Acetaminophen, then one dose of Ibuprofen 3 hours later. Continue alternating as needed. Do not exceed the recommended doses. Take with food to avoid stomach upset.

Diarrhea

Diarrhea is common after this surgery. Drink plenty of fluids. Consider sports drinks with electrolytes and probiotic drinks.

Diet

You can eat what you normally eat, right after surgery.

Wound Care

Doctors use Steri-strips and dermabond to help your incisions heal and reduce scarring.

- Leave Steri-strips and dermabond in place as long as possible
- They will start peeling off on their own after about one week

Bathing

- Ok to shower 2 days after surgery
- Do not soak in a tub or a pool for 7 days after surgery

Activity Restrictions

Avoid activities that cause pain near your scar/surgery site until you feel better.

School & Work

You can return to school or work when you feel up to it. Many patients return about 2 days after discharge from the hospital.

Follow-Up Visits

Contact our office to schedule follow-up visits:

- Non-perforated appendicitis: Follow-up only if you have concerns
- Perforated appendicitis: Follow-up 1 week after discharge

We now offer Telehealth services (a video visit with your doctor). Call our office to schedule a Telehealth appointment.

Contact us immediately if you have:

- Green vomit
- Yellow vomit lasting for more than 12 hours
- Signs of dehydration (dry mouth, no urine, small amounts of dark urine)
- A fever (100.4°F or more for children less than 1 year, 102°F or more for children older than 1 year)
- Redness or pain around your surgery scars
- Diarrhea lasting more than 1 week or bloody diarrhea
- Pain not controlled by Ibuprofen

Contact Information

Business hours (M-F, 8:00 am – 5:00 pm)

- To schedule an appointment, please call: (801) 662-2950, Option #1
- To speak to one of our nurses, please call: (801) 662-2950, Option #2

After hours, weekends and holidays

- The operator will transfer you to the clinician on call: (801) 662-1000
(Ask for the general surgery team)

If you have severe chest pain, difficulty breathing or any other emergency call 911 or go to the ER