

# Appendicectomy

## Useful guidelines for your child's recovery at home

### Diet and fluids

- Continue with soft, easily digested foods following surgery. Your child can gradually resume their usual diet and fluids as tolerated.
- If your child becomes nauseated or vomits, reduce diet back to sips of fluids only and gradually increase to a normal diet again when tolerated
- Most importantly, continue to drink plenty of fluids
- Aim for foods high in fibre to reduce the risk of constipation, as this will put pressure on the abdomen and cause your child increased pain

### Activity

- It is important that your child gets plenty of rest and quiet time as they recover. They should remain at home, mainly resting, for the next week. During the second week they can start gentle activity.
- Avoid strenuous activity, exercise and heavy lifting until after the surgeon's review as it takes time for the wound sites to heal.

### Dressing

Your child will have dressings on the wounds and therefore may bath or shower as normal at home. Avoid soap on the area, just let the water run over the dressing, and then gently pat dry. The dressing needs to be left on so the scar can heal, and to help stop the wound from becoming infected. The dressing should stay intact for approximately seven days. The stitches do not need to be taken out as they are dissolvable. After seven to ten days, if the dressing falls off, there is usually no need to re-cover it.

### Discomfort

Your child may continue to experience pain as their movement increases. There can be pain with movements that use the abdominal muscles, such as sitting up, or when your child walks around. Your child may require pain relief for a few days to relieve this.

### Medications

- If your surgeon has prescribed antibiotics, take them as directed. Your child should not stop taking them just because they feel better. It is important that they take the full course of antibiotics.
- Give pain relief as prescribed by your surgeon
- Paracetamol can be given every four to six hours but no more than four times in a 24 hour period (ensure you follow correct dosage instructions for your child's age)
- Ibuprofen can be given as directed by your surgeon (should be taken with food)

### Follow-up

Please contact your surgeon's rooms to organise a follow-up appointment, if you don't already have one.

### When to contact your surgeon

Please contact your surgeon if your child has:

- A persistent temperature of 38.5°C or higher
- Pain unrelieved by regular pain relief
- Persistent fresh bleeding, extensive bruising around the abdominal wound sites or the wound looks red and inflamed
- Persistent vomiting or diarrhoea

### A note before you leave the hospital

Please report to the reception desk in the foyer of the hospital before leaving to finalise any administrative paperwork.

### Questions

If you have any questions or concerns, please don't hesitate to contact your discharge ward on the number below.