

FITZPATRICK HOUSE  
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SALE VIC 3850  
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GENERAL SURGEON

 enabled for Tele-health consultations

MARYVALE PRIVATE HOSPITAL  
286 Maryvale Rd  
MORWELL VIC 3840  
Ph (03) 51 321200  
Fax (03) 51 343441

BAIRNSDALE REGIONAL HEALTH SERVICE  
122 Day St  
BAIRNSDALE VIC 3875  
Ph (03) 51 503333

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## **INSTRUCTIONS AFTER AN APPENDICECTOMY**

You need to be seen about 1 week after your operation or sooner if there is an issue.

Ring Fitzpatrick House on 51444555 to make or check that an appointment has been made.

Keep the dressings clean dry and intact until review but the dressings may need to be changed in 2-3 days if bloodstained or damp. A damp, wet or blood-stained dressing causes a wound infection. Do not shower, keep the wound clean and dry. Contrary to popular belief waterproof dressings are not really waterproof. You can undertake general daily hygiene measures using a flannel.

If the dressings get wet or dirty change the dressings with identical or similar dressing material that you can obtain from a chemist.

You should not have much discomfort but take Panadol or Panadeine, 2 tablets 4 hourly as required. The need for pain relief should decrease significantly over the next few days.

You may have been given a prescription for antibiotics. Take these as directed.

No swimming until you are told you can.

No strenuous activity such as gym and long walks.

No vigorous sporting activities such as cycling, horseriding or motocross.

***You need to allow time to recover and in general most individuals need 2-4 weeks of rest and reduced physical activity levels.***

**IF A PROBLEM OCCURS,  
CONTACT FITZPATRICK HOUSE DURING BUSINESS HOURS  
OR GO TO ACCIDENT AND EMERGENCY AT A PUBLIC HOSPITAL**