

Recovering From Your Appendix Surgery



Your appendix is a small pouch attached to the large intestine in the lower right of your abdomen. It was removed because it became blocked or infected. Early removal prevents serious complications, including the risk of it bursting and spreading harmful bacteria.

Warning Signs: When to Seek Help

- Pain that is getting worse and not relieved by medication
- Redness, swelling, heat, or smelly discharge around your wounds
- Fevers, chills, or flu-like symptoms
- Inability to pass urine, gas, or have a bowel movement
- New calf pain or swelling, chest pain, or shortness of breath

Call us on 02 9997 7346. After hours, attend your nearest emergency department or call 000.

Your Recovery Timeline

48
hrs

First 48 Hours

No alcohol, recreational drugs, or signing legal documents. Do not drive while taking strong pain medication (Palexia/Endone). Rest as much as you can, and start with gentle walking as tolerated.

1-3
wks

Weeks 1-3

No driving for 7 to 10 days. No submerging wounds in water (pools, ocean, baths) for 2-3 weeks. No flying for 3 weeks unless cleared. You may return to work when able, and resume sexual activity when comfortable. Start with light, easy-to-digest foods and increase as tolerated.

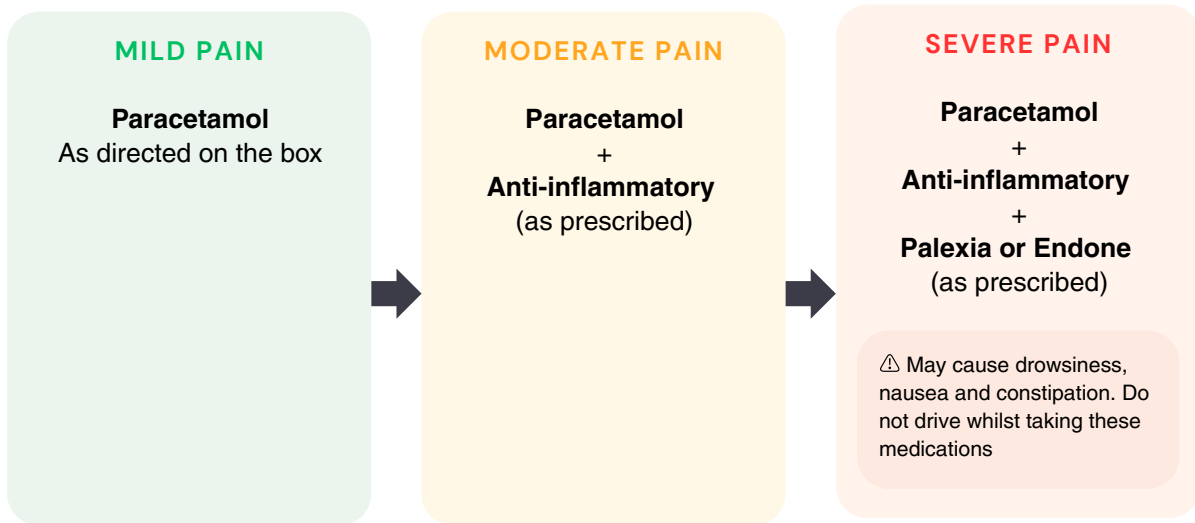
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Up to 6 Weeks

No lifting more than 5 kg. No strenuous exercise (gym, cycling, golf, swimming). Gradually increase walking distance. If your job involves heavy lifting, plan for a longer break from work.

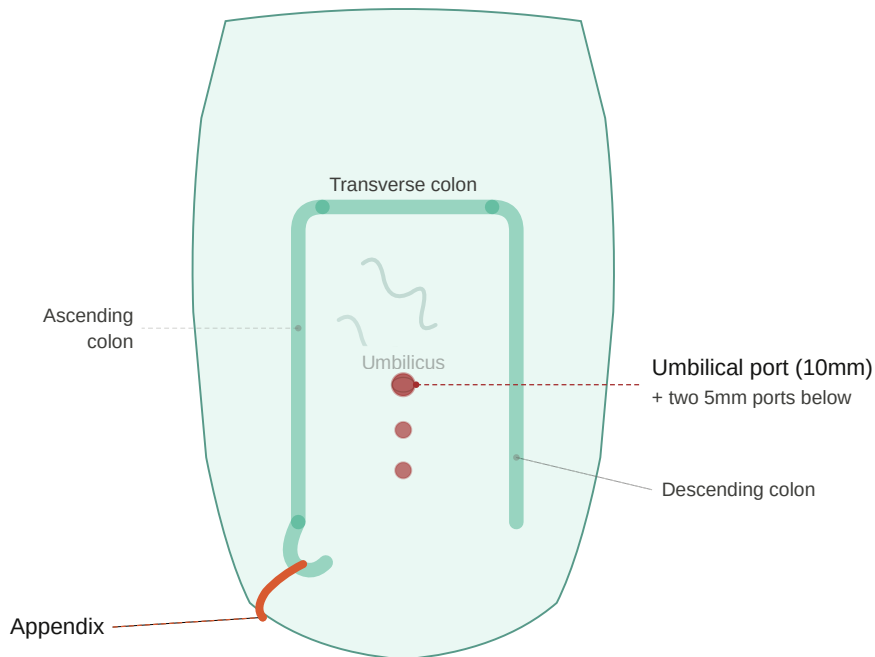
Managing Your Pain

Some abdominal pain, shoulder-tip discomfort, and bloating are normal after surgery (caused by gas used during the procedure). Use the steps below, starting from the left. Move to the next step only if needed.



Where is my appendix?

Your appendix sits at the junction of the small and large intestine, in the lower right of your abdomen. The surgery was performed laparoscopically (keyhole), using 3–4 small incisions (port sites) marked in red on the diagram (the exact locations may vary). These small wounds will heal over the coming weeks.



Preventing Complications



Avoid Constipation

Constipation is common after surgery. Be proactive: if you haven't had a bowel movement in more than 24 hours, take a laxative such as Movicol, Coloxyl with Senna, or Metamucil.



Avoid Blood Clots

Walk frequently and keep your legs moving. If you normally take a blood-thinning medication, resume it as instructed by your surgical team.



Wound Care

Keep your waterproof dressings in place until your follow-up appointment. You can shower normally, but don't scrub them. Pat dry if they get wet. Only change dressings if moisture gets underneath.



Diet After Surgery

Start with light, easy-to-digest foods (soup, toast, rice) and increase variety as you feel comfortable. Stay well hydrated. Avoid heavy or greasy meals for the first few days.

Important: Colonoscopy Follow-up

If you are over 50 and haven't had a recent colonoscopy, it is strongly recommended that you have one 2 to 3 months after your appendectomy. We will discuss this with you at your follow-up appointment.

Your Follow-up Appointment

Our clinic nurse will see you approximately two weeks after surgery. Please call **02 9997 7346** to book your follow-up if you don't already have one scheduled. Keep your dressings on until this appointment unless advised otherwise.