



Elizabeth Bonefas, M.D., F.A.C.S.
General Surgery and Diseases of the Breast

Appendectomy

Post-Operative Instructions

Elizabeth Bonefas, M.D., F.A.C.S. and Kelly L. Birt, M.D.

Diet: You may resume a solid diet as soon as you are hungry. It is best to start with a low fat, bland diet and to eat plenty of fiber. Avoid fried or greasy foods, carbonated beverages, and cream sauces. In 3 to 4 weeks, you can slowly get back to your usual diet. Drink plenty of water, juice, or Gatorade for a few days.

Wound Care: You may shower 24 hours after surgery, but do not scrub over the steri-strips or dermabond (skin glue). Remove the dressing before showering and leave it off if there is no drainage. If you have a dressing, you may change the gauze dressing 24 hours after surgery. Avoid bathing or swimming for two weeks. **Call the office if there are any signs of infection such as pain, redness, or persistent drainage.**

Activity: Try to walk at least three times a day. Stairs are not harmful. Avoid lifting anything heavier than a gallon of milk. Refrain from strenuous activity, exercise, or sexual intercourse until after your follow-up visit. Do not drive or operate heavy machinery for 3 to 5 days after surgery or until you are completely pain free, off narcotics and are not hindered in any way.

Medication: You will get a prescription for a mild narcotic painkiller such as Vicodin or Norco. Start with one every four hours and increase to two if that doesn't help. Take the pills with food. If they make you nauseated, try extra strength Tylenol or Advil. If it persists, call the office for a new prescription. Beware of taking maximum doses of pain medication along with plain Tylenol, as many of these have acetaminophen in them. Constipation is common when taking narcotics. Eating a high fiber diet, drinking plenty of water, and taking a mild laxative, such as prune juice or milk of magnesia will help.

Follow-up: Call the office at **713-756-8555** to make a follow-up appointment in our office for 7 to 10 days after surgery.

Emergency: If you have any problems or questions, do not hesitate to call the office number. After hours, it will give you the on-call doctor. Call if you have severe pain, persistent vomiting, fever greater than 101 degrees, or diarrhea more than 6 times in 24 hours. If it is an extreme emergency, please go directly to the closest emergency room.

Thank you for allowing me the privilege of providing your surgical care.