

Advice following appendicectomy

This leaflet is for parents and carers and aims to answer some of the questions that you / your child may have following their operation.

What is an appendicectomy?

An appendicectomy is the removal (by surgery) of the appendix, which has become inflamed and painful due to infection.

Looking after the wound

- When your child leaves hospital, there may be a small dressing over the wound/ wounds. You can remove this after two days. The stitches are usually dissolvable so you will not need to arrange for them to be removed.
- The area may look bruised and red for a few days. A shallow daily bath or shower will help to keep the site clean and aid healing.
- It is a good idea for your child to wear loose comfortable clothing that does not press on the wound.

*The stitches are dissolvable / will need to be removed in _____ days.

Please make an appointment with the practice nurse at your GP's surgery to remove the stitches.

**Delete as appropriate.*

Will my child be in pain?

Your child may experience some discomfort for a few days. This is quite normal and you can give them paracetamol or ibuprofen, following the recommended dosage on the packaging.

Pain relief guide:

- Paracetamol: last dose given at _____ (time & date). Follow instructions on bottle/package.
- Ibuprofen: last dose given at _____ (time & date). Follow instructions on bottle/package.

Eating and drinking after the operation

Give your child a light diet and plenty of fluids for a few days. Their appetite will increase over the next week.

Activity

- Your child should stay off school for at least a week and until they are feeling well enough to return.
- Swimming and contact sports should be avoided for a further 3-4 weeks.

Things to look out for:

You should contact the ward if your child experiences any of the following:

- The wound site or abdomen stays painful after taking pain relief.
- The wound site feels hot and looks swollen.
- Your child has a high temperature.
- There is a discharge from the wound area.
- Repeated vomiting

Contacting us

Kempton Day Bed Unit: 0118 322 7512 / 8754 (Mon-Fri 7am-7pm)

Lion/Dolphin Wards: 0118 322 7519 / 8075 (outside of these hours)

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Paediatric Unit, November 2022.

Next review due: November 2024