



**Royal Berkshire**  
NHS Foundation Trust

# Advice following appendicectomy (appendix removal)

Information for parents / carers

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

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### 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 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.

## Contact us

Dophin and Lion Ward: 0118 322 8013

Kempton Day Bed Unit: 0118 322 8754

For more information about the Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Paediatric Unit, September 2018

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