



APPENDECTOMY PREADMISSION

What you need to know

Your well-being
and comfort are
our main concerns.

Here are our
recommendations for
a speedy recovery.

Definitions

Appendicitis

The appendix is a tube-shaped structure attached to the beginning of the large intestine and is usually about 10 cm long. It is found in the lower right part of the abdomen (stomach). Appendicitis is the inflammation or swelling of the appendix.

Appendectomy

An appendectomy is a surgical procedure to remove an infected appendix to prevent it from bursting and releasing bacteria and stool into the abdomen.

- **Laparoscopic appendectomy**

The surgeon makes 3-4 small incisions in the abdomen through which the appendix is removed using a laparoscope (a tube equipped with a camera) and special instruments. The incisions are then closed with dissolving stitches.

- **Laparotomic appendectomy**

The appendix is removed through a small incision (3-6 cm) in the lower right abdomen; the wound is then closed with stitches or staples.

Possible complications

Like any surgery, an appendectomy can involve complications, although these are rare:

- Infection
- Abscess
- Bowel obstruction
- Bleeding

Recovery

Full recovery may take 4-6 weeks.

Hôpital Barrie Memorial

28, rue Gale, Ormstown
450-829-2321, ext. 3249

Surgery date:

Arrival time:

Go to the reception desk
in Day Surgery.

If you need to cancel your surgery,
call **450-829-2321, ext. 3249** at least
48 hours in advance. Out of respect
for other users, cancellations
are moved to the bottom of the
waiting list.



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Daily activities

- Feeling tired after an appendectomy is normal, and you will need to rest.
- You should increase your activities gradually.
- Do not overdo it or do any vigorous exercise for six weeks after the procedure. If you had a laparotomic appendectomy, you should speak to your surgeon first.
- Returning to work will depend on your health condition and the type of work you do. Speak to your doctor first.
- You will be able to have sex as soon as you feel ready, usually once the stitches or staples have been removed.

Wound care

- Wash your hands before and after touching the skin near your incision.
- Once the dressing has been removed, you can take a shower, but be careful not to spray water directly on your incision. Sponge the incision rather than rubbing it. Do not take a bath until your stitches or staples have been removed.
- A small amount of discharge from the incision is normal.
- The stitches or staples will be removed during your first visit with your surgeon.
- Your scar will heal in about 4-6 weeks and will continue to fade over the next year.

Pain

- You will be prescribed a pain killer. Make sure to take your medication as prescribed, because the pain can prevent you from resuming your normal activities.
- Any shoulder pain you feel is caused by the gas used to inflate your abdomen during the laparoscopy. Walking will help relieve this pain.
- Narcotic pain killers can cause constipation. If you are constipated, eat foods high in fibre and drink 8-10 glasses of water per day, provided there is no medical reason why you should not do so.



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Things to watch for

In addition to possible complications after any surgery, watch carefully for:

- Worsening abdominal pain that is not relieved by pain killers;
- Fever higher than 38°C;
- Persistent nausea or vomiting;
- Persistent cough or difficulty breathing;
- Thick, yellow or green discharge from the incision;
- Worsening bleeding, redness, swelling or pain at the incision site;
- Constipation or trouble passing gas or stool for three days.

As needed, call:

- **Info-Santé at 811**
- The Day Surgery nurse or receptionist (Monday to Friday, from 7:30 a.m. to 3:30 p.m.), at **450-829-2321, ext. 3248 or 3249**

Get well soon!

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.