

Appendix Removal

Laparoscopic appendicectomy (keyhole) · Keep this sheet handy during your recovery.



7 days

DRESSINGS DRY



~7 days

DRIVING



4 wks

NO LIFTING >5 KG/HAND



1-2 wks

BACK TO WORK

Wound & dressing care

- Keep the keyhole dressings clean, intact and dry for **7 days**.
- You may shower without the dressings after 7 days; pat dry.
- Stitches are dissolvable and under the skin — no removal needed.
- No baths, swimming or spa pools for 2 weeks. Minor bruising around the wounds is normal.

Pain & comfort

- Some abdominal discomfort and **shoulder-tip pain** (from the gas used in surgery) is normal.
- Take your prescribed pain relief; gentle walking helps the gas settle.
- Support your tummy with a pillow when coughing or moving.

Activity, work & driving

- Gentle walking is encouraged from day one.
- Avoid lifting more than **5 kg per hand for 4 weeks**.
- Most people return to desk work or school in 1-2 weeks.
- Drive again once you can perform an emergency stop without flinching — usually about a week.


Diet & bowels

- Start with light meals and build back to normal as tolerated.
- Drink plenty of water.
- Avoid constipation — fibre and fluids, with a softener if needed.

Seek help urgently if...

- ! Fever or worsening abdominal pain
- ! Persistent vomiting, or unable to eat or drink
- ! Redness, swelling or wound discharge
- ! Feeling generally unwell
- ! Calf pain or swelling, or shortness of breath

Questions during your recovery?

 (07) 3333 5518

 admin@upperedgesurgery.com.au

 Watkins Medical Centre, L7 Suite 351,
Spring Hill

After hours or an emergency — call **000** or go to your nearest Emergency Department.

Dr Goutham Sivasuthan, FRACS · Upper Edge Surgery · Brisbane · Logan · Redlands · Moreton Bay.
Last reviewed June 2026. This is general guidance only — the specific advice your surgeon gives you about your operation always takes priority.

Most people recover steadily over a few weeks. These general tips help you heal well and avoid common problems after abdominal or keyhole surgery. Use them alongside the specific instructions on the front of this sheet.



Preventing blood clots

- Move your ankles and legs often — ankle circles, foot pumps and knee bends several times a day.
- Get up and walk a little, regularly, rather than sitting for long stretches.
- Drink plenty of water.
- Take any blood-thinning medication exactly as prescribed.



Breathing & chest care

- Take 5–10 slow, deep breaths several times a day, then a gentle cough to clear your chest.
- Support your tummy with a pillow or your hand when you cough or sneeze.
- Sitting upright and walking help your lungs recover.



Getting out of bed safely

- 1 Roll onto your side with your knees bent.
- 2 Let your lower legs move off the edge of the bed.
- 3 Push up sideways with your arms — not your tummy — to sit up.
- 4 Pause for a moment, then stand up slowly.



Caring for your wound & scar

- Keep dressings dry as directed on the front; once healed, keep the area clean.
- No baths, swimming or spa pools for about 2 weeks; keyhole stitches are usually dissolvable.
- Scars settle well over months. Once fully healed, silicone gel or gentle massage helps; protect new scars from the sun.



Medicines & comfort

- Take pain relief regularly at first, then cut back as you improve.
- Don't exceed the stated paracetamol dose; take anti-inflammatories with food if they suit you.
- Strong painkillers can cause constipation — start a gentle laxative (such as Movicol) early and stay hydrated.
- Avoid alcohol while taking strong painkillers.



Eating well for healing

- Eat regular, balanced meals with protein to support healing.
- Plenty of fibre and fluids keep your bowels regular and help you avoid straining.
- If you smoke, stopping — even for now — speeds wound healing.



Looking after yourself matters. Rest when you need to, increase activity a little each day, and don't hesitate to call us on (07) 3333 5518 if something doesn't feel right.