Appendectomy is a surgery to remove the appendix. The appendix is a small pouch that attaches to the large intestine. The appendix sometimes gets blocked and becomes infected and swollen. Signs of an infected appendix include abdominal pain in the lower right side, fever, poor appetite, nausea, and vomiting. If the appendix bursts, it can make you very sick. To do this surgery, the doctor will make 1 to 3 small incisions or cuts in the abdomen (belly).

To Prepare

- Tell your doctor what medicines and dosages your child is taking, including prescriptions, over the counter medicines, vitamins, and herbs.
- If your child has any allergies to medicines, foods, or other things, tell the staff.
- A nurse will give you eating and drinking directions.
- Have your child bring a favorite comfort object with them. This could be a toy, a pacifier, or a blanket.
- If you know you are having this surgery ahead of time, talk to your child about it. Tell them as much as they can understand and let them ask questions. Stay calm and confident. Children can sense your feelings.
During Surgery

- Your child will wear a hospital gown.
- An IV (intravenous) line is put into a vein for giving medicine and fluids.
- Your child will be given medicine, so he or she will sleep through the surgery. The medicine will be given through the IV or a face mask.
- The abdomen is cleaned and sheets are put over your child to keep the surgery area clean.
- Incisions are made in your child’s abdomen.
- The appendix is removed.
- The incisions are then closed with:
  - Gauze and tape dressing
  - Steri-Strips™, a special tape
  - Dermabond®, a special glue
- A transparent dressing, called Opsite, or bandages may be placed over the wounds.

After Surgery

In the Hospital

Your child is taken to the Post Anesthesia Care Unit (PACU) and watched closely until they wake up and are doing well.

- Your child’s breathing, blood pressure, and pulse are checked often.
- Your doctor will talk to you about your child’s surgery.
- Your child will need to get up and walk around after surgery. This helps “wake up” the bowels, and helps with your child’s breathing and blood flow.
- Your child may be able to go home the same day as surgery if they can walk, pain is controlled by medicine taken by mouth, and they can drink clear liquids.
• Medicines given during the surgery will make your child sleepy. Your child should be watched closely for 24 hours after you go home.

At Home
• Your child should get plenty of rest.
• Give medicines as directed by your doctor.
• Call your child’s doctor’s office to schedule a follow up visit.
• Follow the instructions given to you on how to care for your child’s incisions.
  - Steri-Strips™: The tapes will fall off on their own. Do not remove them unless the doctor says that it is okay.
  - Dermabond®: The glue will loosen in 1 to 2 weeks from your child’s skin as your child’s wounds heal. Do not remove or put ointments or creams on it.
  - Opsite: Leave this dressing in place. It will fall off on its own in 1 to 2 weeks. Do not remove unless your child’s doctor says that it is okay.

• Your child may take a shower or sponge bath. Do not let your child take a tub bath or swim for 1 week after surgery. Carefully wash the incisions with soap and water and pat dry.
• Your child may need to do deep breathing and coughing exercises to keep the lungs clear.
• Your child should not lift objects over 10 pounds or play competitive sports for 2 weeks after surgery.
• Talk to your child’s doctor or nurse about other activity limits. Your child should be able to return to normal activities in about 2 to 3 days.

• शल्यक्रियाको अवधिमा दिइएका औषधिहरूले तपाईंको बच्चालाई निद्रालु बनाउनेछ। तपाईं घरमा गएपछ 24 घण्टासम्म आफ्नो बच्चालाई नजिकबाट हेनुपछ।

घरमा
• तपाईंको बच्चाले प्रशास्त आराम पाउनुपछ।
• तपाईंको चिकित्सकले निर्देशन गरेको बमोजिम औषधिहरू दिँदृहोस्।
• फलो अप भेटहरूको तालिका बनाउन आफ्नो चिकित्सकको कार्यालयमा फोन गरुहोस्।
• आफ्नो बच्चाको घाउहरूको कसरी स्थायार गर्ने भनी तपाईंलाई दिइएका निर्देशनहरूको पालना गरुहोस्।
  - Steri-Strips™: टेपहरू आफे हरेकन्। चिकित्सकले नभन्दा समस्त तिनीहरू ननिकालुहोस्।
  - Dermabond®: तपाईंको बच्चाको घाउ निको हुँदै जाँदा तपाईंको बच्चाको छालबाट 1 देखि 2 हप्तामा यु झाई। यो न हटाउनुहोस् वा व्यस्मा मतम वा क्रीमहरू नराख्नुहोस्।
  - Opsite: यस ट्रेसिलाई ठाउँमा राख्नुहोस्। यो 1 देखि 2 हप्तामा आफे झर्नेछ। तपाईंको बच्चाको चिकित्सकले नभन्दासम्म तिनीहरू ननिकालुहोस्।

• तपाईंको बच्चाले नुहाउन वा स्पन्ज बाथ लिन सक्छ। शल्यक्रियालाई पछि 1 हप्तासम्म आफ्नो बच्चालाई टब बाथ वा पौडी खेलन नदिनुहोस्। धाउहरूलाई साडुन र पानीले सावधानीपूर्वक धूतुहोस् र उचित रूपमा सुखा राख्नुहोस्।
• तपाईंको बच्चाले फोकोस सफा राख्नुको साथ फेर्न र खोजको अभ्यास गरुनै पर्न लिन सक्छ।
• तपाईंको बच्चाले शल्यक्रियालाई पछि 2 हप्तासम्म 10 पाउँि भन्दा बढी वस्तुहरू उठाउनु हुँदैन वा प्रतिस्पर्धिक खेलहरू खेलु हुँदैन।
• अन्य क्रियाकलापका सीमाहरू बारे आफ्नो बच्चाको चिकित्सकसँग कुरा गरुहोस्। तपाईंको बच्चा तागभाग 2 देखि 3 दिनमा सामान्य गतिविधिहरू फर्कन सक्छ मुनुपछ।
When to Call the Doctor

- Incision becomes red
- Incision becomes more tender or swollen
- Child vomits more than 1 time
- Child can’t have a bowel movement (poop)
- Incision begins to pull apart
- There is new drainage around the incision
- Child’s stomach is distended (full and firm) and it is painful
- Child’s pain can’t be controlled by medicine they were told to take
- Child has a fever over 100.8° Fahrenheit (F) or 38.2° Celsius (C)

Talk to your doctor or nurse if you have any questions or concerns.

चिकित्सकलाई कहिले फोन गर्न

- जब प्यालप्याल रातो हुन्छन
- प्याल थप कोमल वा सुगुटिएको हुन्छ
- बच्चाले १ पटक भन्दा बढी वानालो गर्दछ
- बच्चाले आन्द्रा चलाउन (दिशा) गर्न सक्दैन
- प्यालहरू फाटिदि जान्छन्
- प्याल वरिपरि नयाँ पानी बढौ गरेको छ
- बच्चाको पेट फैलिएको छ (पूर्ण र बलियो) र यो दुखाई पूर्ण छ
- बच्चाको दुखाईलाई उनीहरूलाई खान भनिएको ऑप्शिले नियन्त्रण गर्न सकिएको
- बच्चालाई 100.8° फरेनहाईट (F) वा 38.2° सेल्सियस (C) भन्दा बढी ज्वरो आउँछ

यदि तपाईँका कुनै प्रश्नहरू वा सरोकारहरू छन् भने आफ्नो चिकित्सक वा नर्ससँग कुरा गरुँदौस्।