

In the case of fever (temperature above 38 °C), swelling, pain and redness at the wound site or abdominal pain with bowel movement complaints (constipation or diarrhoea), you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery!

Your surgical team

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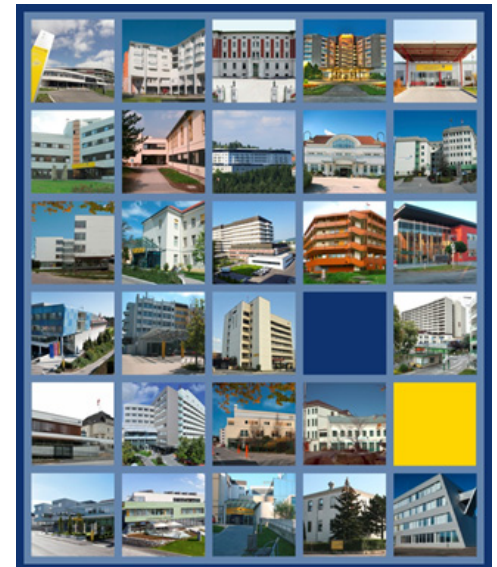
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Blinddarm

Surgery

Discharge information



Behaviour after an appendectomy

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Please observe the following for the most favourable treatment outcomes:

Physical rest	2-4 weeks
Avoid lifting and carrying heavy objects (max. 3–5 kg)	2-4 weeks
Sporting activities, full physical activity after	2-4 weeks
Removal of stitches, staples or Steri-Strips	Depending on the medical prescription, 5-10 days after surgery
In the case of soluble stitches, removal of the plaster by the patient	Approx. one week after surgery

Important general information

Nutrition

The vermiform appendix of the caecum, which has been removed, is not required for digestion, which means that you do not need to change your diet. Nevertheless, we recommend a light normal diet for two weeks after surgery.

Personal hygiene

Showering is possible from the second day after surgery. However, the wound area should only be cleaned with water, and no soap. Please discuss the use of waterproof bandages with the doctor treating you. Full baths should be taken at the earliest after the stitches are removed. In principle, no specific scar treatment is required; however regularly applying a skin care cream can greatly aid the healing process.

Postoperative pain

Pain may occur in the area around the surgical wound, however this usually subsides within one week.

Ability to work

Ability to work varies according to the individual and depends on the occupational activity. In principle, you should be able to work two to four weeks after surgery.