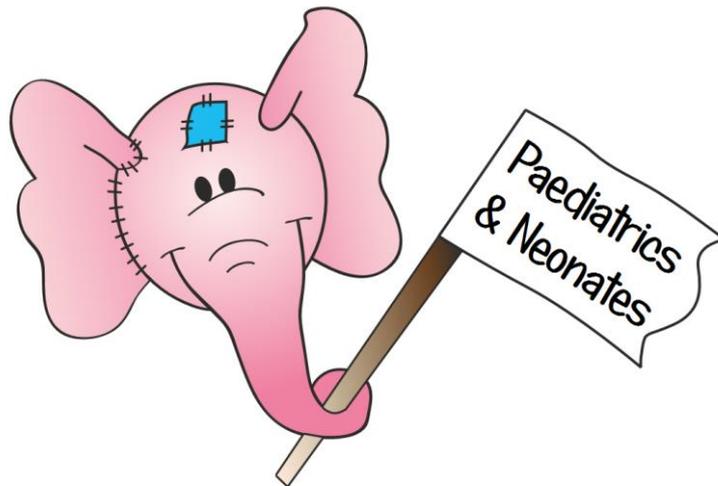


Advice after appendix removal

Children's Ward

Parent/Carer Information Leaflet



Introduction

Your child has had their appendix removed due to appendicitis or suspected appendicitis. We wish your child a speedy recovery.

In order to help with their recovery, we have designed this leaflet to provide you with advice on how to care for them after their operation. Your child's hospital doctor may also give you specific advice to follow.

Everyone recovers differently after surgery and it is normal to feel tired and weak for several days. If you are concerned about your child, please contact your GP.

Will my child have pain?

Your child will experience some degree of pain and soreness, depending on how severe the appendicitis was. This may continue for a week or two after the operation. We recommend that you give them a simple painkiller such as paracetamol, if your child is able to tolerate it (always read the label; do not exceed the recommended dose). Brand names of this include Calpol, Disprol and Medinol.

Please seek advice from a pharmacist or your GP if you have any concerns. Your child's pain should settle but if it worsens around the operation site, or if they have general abdominal pain, please seek advice from your GP or the Emergency Department.

What happens to my child's dressing?

If your child's dressing has not already been removed on the Children's Ward, we recommend that the dressing is left dry for three days. After this you can remove it by soaking it in the shower or bath. This makes the dressing easier to remove.

Until your child's wounds have completely healed, avoid perfumed products when they are bathing.

What about my child's wound?

Your child's wound may feel tingly, numb and itchy and may pull slightly around the stitches – this is quite normal and is part of the healing process.

Your child may have stitches which dissolve, stitches that need to be taken out or staples. The nurse will tell you which type they are before you leave hospital.

If your child has stitches or staples that need to be taken out, we will give you a letter to give to the nurse at your GP practice. You can use this letter to make an appointment at your GP surgery to have the stitches or staples removed. This is normally between seven to 14 days after the operation.

Please note that if your child has staples, you will need to make sure you have a staple remover and dressing given to you when you leave hospital. Take these to the nurse at your GP surgery when your child has the staples taken out.

If your child has dissolvable stitches, it is best that they do not soak in the bath for a long time. This will weaken the stitches which will mean the wound will take longer to heal.

Will my child be able to open their bowels normally?

It may take time for your child to open their bowels after having their appendix removed, as the bowel may paralyse for a while. To reduce the risk of an obstruction, we will introduce food and drinks gradually to your child while they are in hospital.

It is important to try and avoid constipation. Eating a normal, healthy diet, plenty of drinks and regular gentle exercise will help. Please remember that your child's pain relief can also cause constipation.

Your child may have some diarrhoea after the operation, especially if they had a perforated (burst) appendix.

Your child's appetite should return to normal over the next few weeks.

When can my child go back to school and resume normal activities?

Your child will need to take at least one week off school or stay off until they have had their wound checked. The doctor will advise you if your child should stay off longer.

Your child should be gently active during the first two weeks and then build up to normal levels of activity over the next four to six weeks. During this period, avoid stretching, carrying or lifting heavy objects, including heavy school bags.

What should I look out for?

If your child shows signs of the following during the next few weeks, always seek advice from your GP or the Emergency Department:

- High temperature
- Abdominal pain
- Being sick

Even if the wound looks fine, this could mean that your child has an infection.

Can I find out more?

You can find out more from the following weblink:

NHS Choices

<http://www.nhs.uk/Conditions/Appendicitis/Pages/Treatment.aspx>

If you have any questions or if there is anything you do not understand about this leaflet, please contact:

Children's Ward on 01384 244271

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/c2-childrens-ward/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔