



### **Postoperative Instructions for APPENDECTOMY**

See your doctor in 10-14 days for a postoperative check  
Please call our office at 602-995-0822 to schedule the appointment

- Remove any bandages in 48 hrs; leave your steri-strips in place until your follow-up appointment or until they fall off.
- You may shower in 48 hrs
- Do not submerge the incisions under water, such as in a bath or pool, for 2 weeks
- Do not lift anything over 15 lbs for 2 weeks
- Ambulate frequently and stay active
- Take the Percocet or other narcotic as instructed in the prescription provided
- Take over-the-counter ibuprofen 400mg by mouth every 8 hrs for two days
- No aspirin for 3 days.
- Do not drive or drink alcohol while taking narcotics

Based on the FDA narcotic reclassification, we can no longer call in ANY narcotic pain medications. Plan accordingly; to obtain a refill you must call the office during business hours on weekdays and allow 24hrs for the paper prescription to be filled out. The after-hours and on-call surgeon cannot provide you with a narcotic prescription.