

## After discharge

Your child should eat and drink as normal. Your child may feel some tenderness/pain in their tummy. Pain relief will be given to you on discharge to help. Follow the instructions on the bottles and also as explained by your nurse.

Your child can have a bath or shower after 7 days. This allows the wound time to heal. Avoid soap directly to the wound as it may cause some irritation. Your child will need to rest for a few days.

No school for 2 weeks. We advise that they avoid strenuous activities and all types of contact sports. This includes football, rugby and swimming. This rest allows the tummy muscles time to heal.

## What to do if you have a problem?

If you notice any of the following:

- Redness or swelling around the wound.
- Bleeding.
- Unpleasant smell from the wound.
- Uncomfortable pain. Pain that is not being controlled with regular pain relief.
- If your child becomes unwell, with a temperature and or vomiting.

Contact either your:

- Discharging ward.
- GP.
- Attend the emergency department

Whiston Hospital  
Warrington Road,  
Prescot, Merseyside, L35 5DR  
Telephone: 0151 426 1600

St Helens Hospital  
Marshalls Cross Road,  
St Helens, Merseyside, WA9 3DA  
Telephone: 01744 26633

Southport Hospital  
Town Lane, Kew,  
Southport, Merseyside, PR8 6PN  
Telephone: 01704 547 471

Ormskirk Hospital  
Dicconson Way, Wigan Road,  
Ormskirk, Lancashire, L39 2AZ  
Telephone: 01695 577 111



**Mersey and West Lancashire  
Teaching Hospitals**  
NHS Trust

# Appendicectomy (Removal of appendix)

## Patient information leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این پرورشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

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## Reasons for the procedure

The appendix is like a small finger that is attached to the large bowel. It lies in the right side of your child's tummy. Appendicitis is an inflammation or infection of the appendix. When the appendix becomes swollen it causes a lot of pain and it is necessary to have it removed. This operation is known as an appendicectomy.

## Nature of the procedure

Your child will be given a general anaesthetic. The surgeon will make a small cut in the right side of the tummy and remove the appendix. The small incision is then closed with stitches.

## Benefits of the procedure

Your child will get better and be able to live a normal life, as the appendix serves no useful purpose.

## Risk of the procedure

Every anaesthetic carries a risk of complications, but this is very small. These complications will be discussed with you when you are asked to sign the consent form.

## Discomforts of the procedure

After anaesthetic your child could feel sick and vomit, have a headache, sore throat and feel pain in their tummy. These effects are short lived and medicine can be given which will help. Any surgery carries the small risk of infection or bleeding.

## Alternatives to the procedure

Antibiotics on their own are not helpful. There is no other treatment.

## Consequences of not having the procedure

If the swollen, inflamed appendix is not removed it may burst and your child will become more poorly with an infection known as peritonitis.

## After the operation

Your child may sleep for a while after the operation. It is very important to let them rest. Your child will be attached to intravenous fluids, until they are able to drink. The nurse will introduce small amounts of water and eventually a light diet as their condition improves.

Once fully awake we advise your child to sit up and start moving. We encourage them to start walking with the help of the nursing staff. The nurse will regularly monitor your child's pain and when required suitable pain relief will be given.

If the appendix was very inflamed, then your child will be given antibiotics.

Your child will have a small dressing over the wound. This is usually removed after 48 hours. The nurse will clean and check the wound before being discharged home.

## Discharge home

You will be told on discharge which type of stitches your child has. Dissolvable stitches are regularly used. These do not require removal as they disappear within 14 days.

We recommend that you see the practice nurse at your doctor's surgery for the wound to be checked if you have any concerns.

No further treatment is usually needed. Therefore no follow-up appointment is required.