

## PATIENT AND FAMILY INFORMATION SHEET

### NON-PERFORATED APPENDICITIS

#### What is Appendicitis?

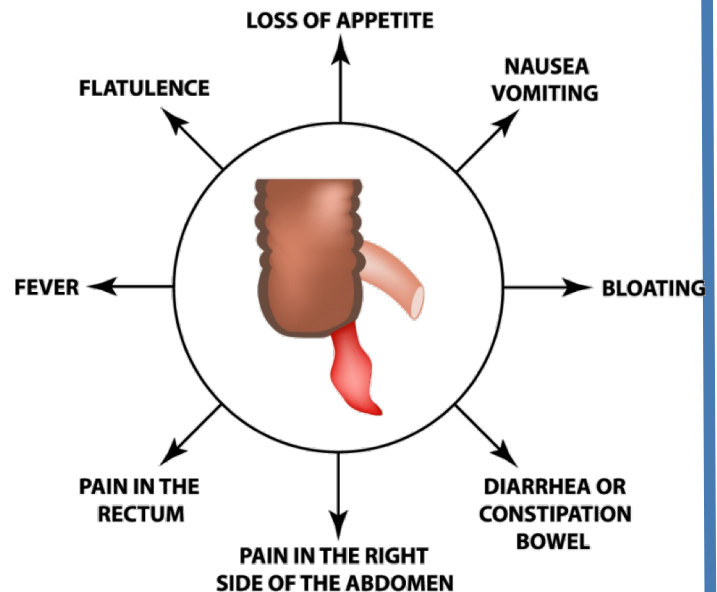
The appendix is a very small, thin pouch attached to the gut. Its purpose is not known. Food and stool can get trapped within this “pouch” and can cause it to swell and become inflamed or infected. This can happen in any child greater than 2 years old but most often happens in school age children and teens.

#### How do I know if my child has Appendicitis?

*Here are some of the symptoms your child may have:*

- Your child may complain of belly pain. Often the pain starts around the belly button and travels to the right lower side.
- Your child may not want to eat and often may be throwing up with loose stools and/or fever.
- Along with review of these signs or symptoms, your child may also have these tests:
  - **Abdominal (belly) exam.** Your child’s doctor will look and feel your child’s belly. They will also questions about their past health.
  - **Abdominal ultrasound.** One test that can be used to diagnose appendicitis is called an ultrasound. Ultrasounds are used to view internal organs and can look at blood flow through different vessels.
  - **Computed tomography (CT).** A CT uses many x-rays to look at the fat, muscle, organs and bones. This many also be referred to as a CAT scan.
  - **Magnetic Resonance Image:** Magnetic resonance imaging (MRI) uses a large magnet and radio waves to look at organs and structures inside the belly.
  - **Lab studies:** These involve blood tests and/or a urine test.

#### SYMPTOMS OF APPENDICITIS



#### How is Non-Perforated Appendicitis treated?

Appendicitis is treated by taking out the appendix with surgery.

This surgery is called an appendectomy. This can be done 2 ways:

- **Laparoscopic method:** This method uses 1-3 small incisions and a camera called a laparoscope to look inside the belly during the surgery. While your child is asleep, your child’s doctor will remove the appendix through one of the incisions.
- **Open method:** While your child is asleep for surgery, an incision is made in the lower right-hand side of the belly. Your child’s doctor finds the appendix and removes it.



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#### What happens before the operation?

- Before surgery, your child's doctor will tell you all the pros and cons about the surgery and get your approval.
- The surgery lasts about 1-2 hours.

#### What happens after the operation?

- Once the surgery is done, your child will be taken to the recovery room. You will be able to see your child in here.
- Pain is common after the surgery. Your child will be given pain medicine to help the pain. Medicine can be given through an IV or may also be given by mouth.
- Your doctor will help guide when your child can eat. It is common for kids to experience nausea following anesthesia.
- Some children may need antibiotics following surgery.

#### When can we go home?

- Your child can go home once awake and alert. Your child will also need to show they can eat and drink by mouth and their pain is controlled by pain medicines by mouth
- Most children's pain is relieved with pain medicines such as Acetaminophen (Tylenol®) and/or Ibuprofen (Motrin®). Children seldom need any stronger pain medicines for this surgery.

#### How do I care for my child at home?

- Your child can eat and drink as they normally do. It may take a day or two for their appetite to return to normal. Make sure he/she is drinking plenty of fluids to stay hydrated.
- Your child will have small dressings in place, some of these dressings will fall off on their own after 7-14 days. Other dressings will need to be removed and this can happen in 5-7 days. Your child may shower 1-3 days after the surgery. Your child may not be allowed to swim or take a bath for 7 days after the surgery.
- At first your child should do calm, light activities and will become more active after a few days. Limit full sports/contact activities until cleared by your healthcare team.
- You will be given information of when to follow up with your doctor before you leave the hospital.

#### When should I call the office?

- Infection: redness, swelling or drainage from incisions
- Concerns with healing around the incisions (cuts)
- Signs of dehydration: dizziness, sleepiness, sunken eyes, dry mouth, dark pee and little or no tears when crying
- Increasing belly pain
- Constant throwing up or nausea

*Your child will need to follow up with the surgeon. You will receive specific instructions for follow up when your child is discharged.*

Please don't hesitate to call our office if you have any problems or concerns.

Surgeon: \_\_\_\_\_

Nurse Practitioners: \_\_\_\_\_

Phone Number (daytime): \_\_\_\_\_

Phone Number (after hours): \_\_\_\_\_

Social Worker: \_\_\_\_\_

*Thank you for allowing us to care for your child.*