

WHAT IS AN APPENDICECTOMY?

- ◆ It is the operation to remove the appendix.
- ◆ 2 techniques available
 - ◇ Laparoscopic surgery . The medical term for this operation is laparoscopic appendicectomy. Only small cuts are needed in the abdomen with small scars remaining afterwards. The operation is done with the aid of a special telescope and laparoscopic instruments that are inserted into the abdomen through small abdominal opening. Thus, it results in lesser pain, faster recovery and better cosmetic appearance.
 - ◇ Some people need a traditional operation to remove the appendix. This is called *Open Appendicectomy*. In this operation a larger cut is needed to remove the appendix. It is performed when the appendix is perforate with gross contamination of abdominal cavity or no expertise with laparoscopic skill available.

BEFORE THE OPERATION

- ◆ You may need to be admitted as an emergency admission.
- ◆ The doctor in-charge will examine you and some investigation will be taken before proceed for the operation.
- ◆ Consent will be obtained from you or your parents by explaining the procedure and risks of the operation.
- ◆ On the day of your operation, you will have no food or drink for about 6 hours before the expected time of your operation.
- ◆ You may have a bath or shower but do not apply any cream or talc.
- ◆ You will be accompanied by a nurse to the operating theater.

WHAT SHOULD I EXPECT AFTER THE OPERATION?

- ◆ You will be feel sleepy on return to the ward. because of anaesthesia given to you during the surgery
- ◆ The nursing staff will be checking your pulse, blood pressure and wound regularly.

HOW LONG WILL I NEED TO STAY IN HOSPITAL?

- ◆ You will be warded approximately for about 1 to 2 days depends on your degree of recovery

DISCHARGE ADVICE

- ◆ You should not do heavy lifting or strenuous work/sport for about 6 to 8 weeks.
- ◆ Dissolvable stitches are usually used for skin closure. However if any stitches need to be removed, the nurse will give instruction prior to discharge and an appointment date will be given to remove these after surgery.
- ◆ You will feel tender and have some discomfort for about a month following your discharge.
- ◆ Return to driving when a seat belt is comfortable to wear.

REFERENCES

1. Dr. Pok Eng Hong, Laparoscopic surgeon, Department of Surgery, University Malay Medical Centre.
2. West Suffolk Hospitals NHS Trust Patient Advice and Liaison Service Hardwick Lane, Bury St Edmunds, Suffolk, www.wsh.nhs.uk/pals

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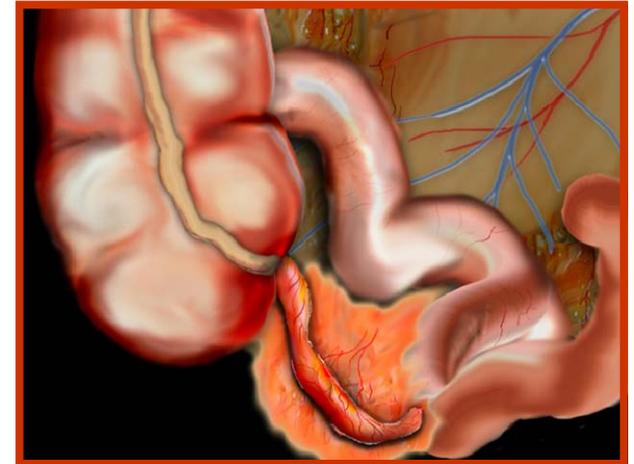
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PATIENT INFORMATION LEAFLET APPENDICITIS



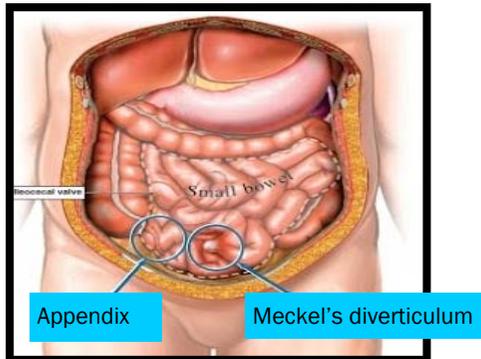
WARD 7U

GENERAL SURGERY

WHAT AND WHERE IS THE APPENDIX?

- The appendix is a small 'dead end' pouch, like a little tube, that comes off the caecum.
- The caecum is the first part of the large intestine (large bowel) just before the colon. The small intestine digests and absorbs food.
- The parts of the food that are not digested begin to be formed into faeces (motions) in the caecum.
- The appendix is normally about 5-10 cm long and quite thin. The appendix appears to have no function. The reason it is there is a bit of a mystery.

WHAT IS APPENDICITIS?



- Appendicitis means inflammation of the appendix.
- The inflamed appendix becomes infected with bacteria (germs) from the intestine.
- The inflamed appendix gradually swells and fills with pus.
- Eventually, if not treated, the swollen appendix might perforate (burst).
- This is very serious as the contents of the intestine then spill into the abdominal cavity.
- This can cause a serious infection of the membrane that lines the abdomen (peritonitis), or an abscess in the abdomen.
- So, if appendicitis is suspected, early treatment is best before it bursts.

WHAT ARE THE SYMPTOMS OF APPENDICITIS?

- **Pain in the abdomen** (tummy pain)
 - ◇ Commonly starts in the middle of the abdomen.
 - ◇ Normally develops quickly, over an hour or so.
 - ◇ Over the next few hours the pain typically 'travels' to the lower right hand side of the abdomen.
 - ◇ Gradually the severity of pain increases over 6-24 hours.
 - ◇ The pain tends to be more sharp if you cough or make any movements.
 - ◇ The pain may ease a bit if you pull your knees up towards your chest.
- The lower abdomen is usually tender, particularly in the lower right hand side.

Other symptoms that may occur include the following.

- **Feeling sick** and being off food is typical. You may vomit.
- **Fever** and generally feeling unwell.
- **Constipation** may occur. Sometimes diarrhoea.
- **Frequent passing of urine** may develop.
- This is thought to be due to the inflammation 'irritating' the nearby ureter (the tube between the kidney and bladder).

If the appendix perforates (bursts) then severe pain can spread to all the abdomen. You also become very ill.

WHAT IS THE TREATMENT FOR APPENDICITIS?

- An operation to remove the inflamed is made. It is much better to remove an inflamed appendix before it bursts.
- The inflamed appendix is located and cut off from the caecum. The 'hole' left in the caecum is stitched up to stop any contents from the gut leaking out.



Expectations: Preparation For Your Operation

- Appendicectomy is usually an emergency procedure
- Inform your surgeon about other medical problems that you have and all kind of medications that you are taking.
- Inform your surgeon if you are taking any medications such as blood thinning medications such as Warfarin/Plavix. This is to avoid any complications during and after surgery.