

Care of a Child following Appendicectomy – advice for Parents/Carers/Guardians

This leaflet provides information to help you look after your child or the child in your care following an operation to remove their appendix. Your child will be discharged from hospital when medical and nursing staff are satisfied that they have recovered sufficiently from the surgery.

Exercise/activity

When you get home, your child may continue to feel tired for a while and should be given the chance to rest quietly. They can return to school/nursery after two weeks and may resume sports after four weeks or when they feel ready to do so. It may take longer before they are ready for contact sports.

Eating and drinking

Your child may eat anything but it is advisable to avoid fizzy drinks until the abdomen has fully recovered from the surgery.

Pain

It is advisable to give children's paracetamol such as Calpol® and/or children's ibuprofen, appropriate to the age of your child. This may need to be repeated regularly according to manufacturer's instructions, until pain free. This may take a few days. The hospital may supply you with other pain killers if your child needs them.

Clothing

Your child should wear whatever is most comfortable.

Wound healing/hygiene

Your child may experience some tingling, numbness, slight hardness, pulling or soreness around the operation site. This is normal but if there is any increase in pain, discharge, redness or inflammation or if you are concerned please contact the appropriate person, below.

The wound is usually covered with a dry dressing; you will be given further dressings to take home. Your child may have a shower or shallow bath 48 hours after the operation. **Please make sure the water in the bath is below the wound to prevent it becoming wet and breaking down.** Replace the dressing with a new one.

- If your child has stitches that need to be removed, this can usually be done approximately one week after surgery. The Paediatric Community Nurse can do this at home or you may book an appointment with your GP or Practice Nurse.
- If your child has dissolvable stitches then these do not need to be removed as they will dissolve naturally.

Nursing and medical staff will tell you if the stitches need to be removed or are dissolvable.

Further information

Conquest Hospital - Kipling Ward Tel: (01424) 758039
Eastbourne DGH – Friston SSPAU Tel: (01323) 414946
Paediatric Community Nurses - Conquest: Tel: (01424) 758054
- Eastbourne: Tel: (01323) 417400 Ext: 3849

Own GP or Practice Nurse.

If unable to contact any of the above phone NHS 111.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: (01323) 417400 Ext: 5860 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 01424 755255 Ext: 2620

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

Your Child's Anaesthetic - Royal College of Anaesthetists and Association of Paediatric Anaesthetists.

The following clinicians have been consulted and agreed this patient information:

Mr Matthew Miller, Consultant Surgeon, Elizabeth Vaughan, Ward Manager, Friston.

Next review date: March 2019

Responsible clinician: Caroline Stephenson, Practice Educator.