



Dr. Olivia M. White
MDH General Surgery

APPENDECTOMY/APPENDIX REMOVAL

- Your stitches are dissolvable and located under the skin, they will not be removed. Treat skin glue like a scab. It will peel off in 10-14 days. You may shower today; do not soak the incision under water in a bathtub/pool for 2 weeks.
- Use pain medications as prescribed. Call the office if you are having uncontrolled pain.
- Use ice packs as needed for pain/swelling.
- Do not lift more than 20 pounds for the first 4 weeks following surgery.
- You have no dietary restrictions.
- Call the office if you experience the following: fever >101.5F, worsening pain or swelling, excessive bleeding or drainage from your incision/wound.
- If you have concerns after hours, you may reach the on-call surgeon by calling McDonough District Hospital at (309) 833-4101.
- Dr. White's office phone number: (309) 833-3706