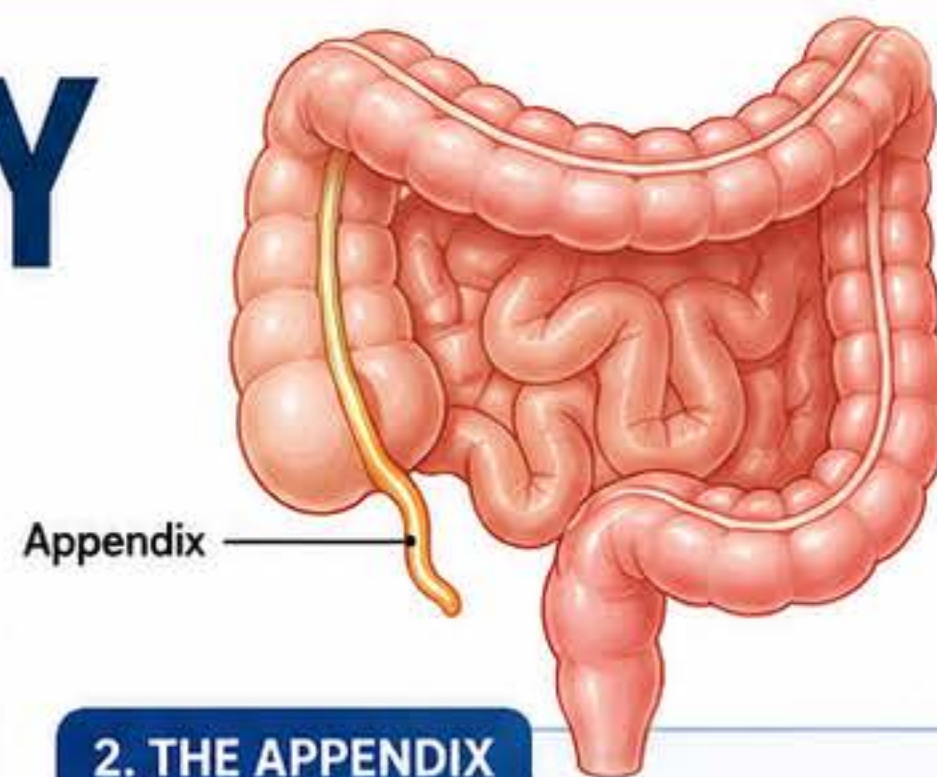


APPENDECTOMY

Surgical removal of the appendix

Appendectomy is a common, safe operation to treat appendicitis and prevent serious complications.



1. WHAT IS APPENDICITIS?

Appendicitis is inflammation of the appendix, a small, finger-like pouch attached to the large intestine.

- Causes pain, swelling and infection if not treated.
- Can occur at any age, most commonly between 10–30 years.
- Requires surgery in most cases.

COMMON SYMPTOMS



Pain starting near the navel, then moving to the lower right abdomen



Loss of appetite



Nausea or vomiting



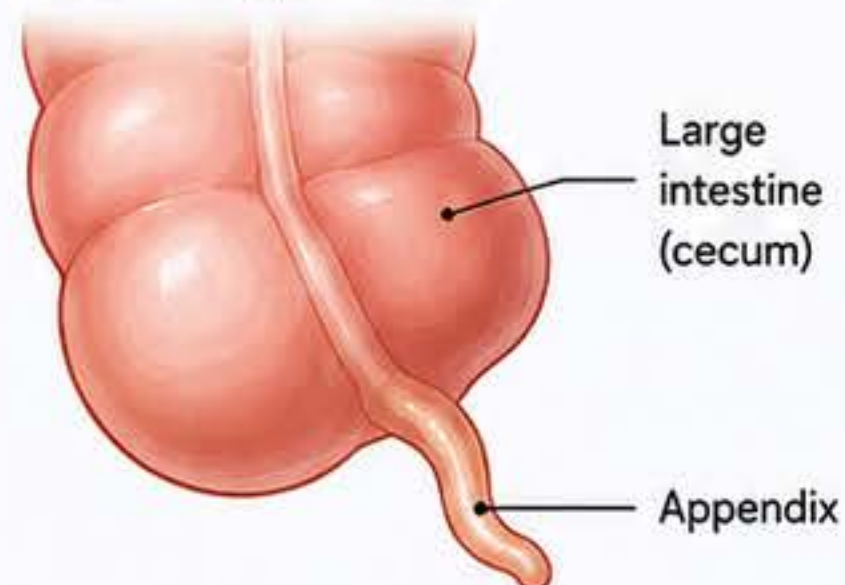
Fever



Tenderness in the lower right abdomen

2. THE APPENDIX

The appendix is a small tube attached to the beginning of the large intestine (cecum). Its exact function is not essential, and people can live a healthy life without it.



3. THE OPERATION

Appendectomy removes the inflamed appendix.

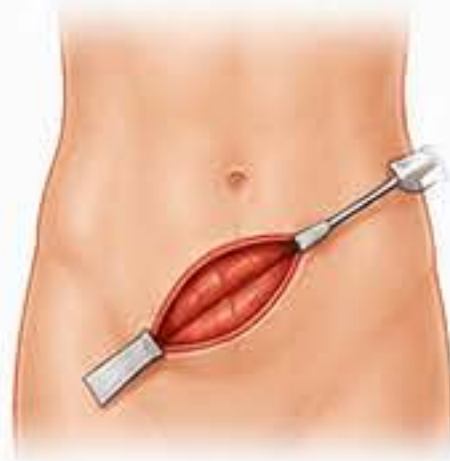
LAPAROSCOPIC (Keyhole) APPENDECTOMY

- 3 small cuts (5–12 mm)
- A camera and instruments are used
- Less pain, faster recovery, smaller scars



OPEN APPENDECTOMY (Less common)

- One larger cut in the lower right abdomen
- Used if burst appendix, scarring, or other complications



4. RECOVERY



Hospital stay:
Usually same day or 1–2 days



Return to normal activities:
1–2 weeks (varies)



Avoid heavy lifting
>10–15 kg for
2–4 weeks



Eat a light diet
at first, then return
to normal as tolerated



You may shower
after 24–48 hours.
Avoid soaking
baths for 1 week.

5. POSSIBLE RISKS

- Infection
- Bleeding
- Injury to nearby organs (rare)
- Leak from the bowel (rare)
- Blood clots
- Anesthesia risks



6. WHEN TO SEEK MEDICAL HELP

- Fever over 38°C (100.4°F)
- Increasing abdominal pain
- Redness, swelling, or pus from the incision
- Nausea or vomiting
- Unable to eat or drink
- No bowel movement or passing gas for several days



7. GOOD TO KNOW

- ✓ Appendectomy is one of the most common emergency surgeries.
- ✓ Removing the appendix does not affect your digestion or overall health.
- ✓ If the appendix bursts, antibiotics and a longer hospital stay may be needed.
- ✓ Most people make a full recovery and return to normal life quickly.



EARLY TREATMENT = BETTER OUTCOMES

If you think you have appendicitis, seek medical care right away.



SAFE • EFFECTIVE • LIFE-SAVING