

What is Appendicitis?

A vermiform appendix is attached to the large intestine in the right and inferior part of the abdomen



Causes of appendicitis

Closure of the cavity inside the appendix results in appendicitis. The secretion stays inside and increases. On the other hand, the bacteria in the appendix cavity increase. As a result, the appendix becomes swollen and infectious. It is a surgical emergency and has no effective drug treatment and must be operated on. If the patient has surgery quickly, most patients will recover quickly without any problems. But if treatment is delayed, the appendix ruptures, causing infection in the abdominal area and even death. Although the disease can occur at any age, the most common ages are between 10-30 years.

What are the symptoms of appendicitis?

The most common symptom is abdominal pain before other symptoms begin around the navel and then extend to the lower and right abdomen. The patient feels that she has not experienced such pain before and worsens within hours. With coughing, sneezing and deep breathing, it gets worse

Mild fever, nausea and sometimes vomiting, constipation, and sometimes diarrhea are other appetite-reducing symptoms.

How is appendicitis diagnosed?

Diagnosis

Abdominal examination is the most important part of diagnosis. The location of pain and tenderness is the most important point in abdominal examination. Laboratory tests include: blood, urine, pregnancy tests in women of childbearing age. Imaging tests include abdominal ultrasound, and computed tomography.

What is the treatment for appendicitis?

Surgical treatment is to remove the appendix under general anesthesia or spinal anesthesia in two ways:

Open abdomen (laparotomy) . (Laparoscopy
Complications

The most serious complication of appendicitis is the rupture of appendix. It is delayed in the diagnosis of appendicitis and is more likely in infants, younger children, and older people. Rupture of the appendix can cause abdominal wall inflammation and visceral adipose tissue and create an abscess. Rarely can the body limit the infection caused by a ruptured appendix and form an abscess (purulent plaque) instead of spreading the infection throughout the abdomen, in one The dots form an abscess. In these cases, the surgeon calls the abscess a device. The drain is drained and the drain is left in place for several days to completely dry the abscess, and after the abscess is dried and the inflammation is removed, an appendix is removed.

Postoperative advice

You should rest in bed for a few hours after surgery until full consciousness and your heart rate and blood pressure normalize. After moving from the operating room to the nurse ward, you will be monitored and given pain relief if you are advised by your doctor.

If you are at your doctor's discretion from 12 to 24 hours after surgery, you can walk slowly and, if you do not have nausea or vomiting, start a low-fluid diet. Keep in mind that mobility after surgery is very important to your recovery, and you can even hibernate in the early hours unless your doctor tells you to.

Prolonged stretching can slow the recovery process if you can't move yourself and ask the nurse to help you. To change your situation or help you on your walk.

The method of pain reduction

- ❖ Usually, all surgeries are associated with postoperative pain (especially on the first days after surgery).
- ❖ Most people feel less pain in some situations, so lie down when you feel less pain.
- ❖ Contrary to the common belief that resuming normal activities, especially walking after surgery, can significantly reduce your pain. Most of the time after surgery, simple painkillers are prescribed for you to remember. It can be dangerous.



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Patient's Guide

Self-care in appendicitis surgery

Content Code: 407



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Discharge Time Drugs

- If you have pain, you may need painkillers. Your doctor may also prescribe antibiotics after your operation.
- Take your medication completely and as directed and do not discontinue medication if you have partial recovery.
- Tell your doctor if you have been taking medication before.

Surgical Wound Care

- ✚ In the absence of discharge, no need to change the dressing.
- ✚ Keep the wound in the surgical site clean to prevent wound infection. Mild swelling and stiffness on the cutting edge is normal. Contact a physician if the wound is too red or swollen or discharged.
- ✚ The surgical wound is usually healed in the first few weeks, like a mass under the skin, which is normal and returns to its original state after two months.
- ✚ Your doctor may take a shower for 2 to 3 days after surgery.
- ✚ Avoid activities that stretch your abdomen and wounds, such as lifting weights, straining, or heavy exercise for up to three months.

Postoperative diet

First, use a low-fat diet. Like plain water, pale tea, natural and dilute sweetened fruit juices and soup made with fresh lean, smooth meat.

- ❖ It is best to eat a soft diet for a few days, such as cooked vegetables and mashed noodles, and then eat your usual meal if you so desire. Avoid heavy and nonfat foods for up to a week.

What is pathology?

Any part of the body that has been removed during surgery should be sent to a laboratory for diagnostic testing to rule out malignancy. Usually, your pathology response is prepared within two weeks, and you should receive it from the hospital pathology. The pathological response should be reported to the surgeon. Start your day-to-day activities depending on the type of work and work you do after consulting a physician, but avoid lifting heavy objects for at least 4 to 6 weeks after surgery.

If the following symptoms occur, see your surgeon

- ✚ Nausea, vomiting and anorexia
- ✚ Severe flatulence of the abdomen and lack of excretion of wind and stool
- ✚ Watery diarrhea
- ✚ Low and concentrated urine.

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