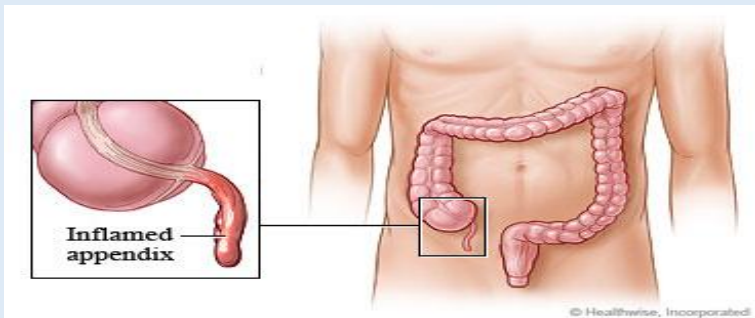




Bohloul Hospital

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What Is Appendicitis? Information Booklet For Patients



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Appendicitis

The appendix is a small finger-like appendage with a length of about 10 cm, which is located inside the human abdomen.

This appendage is constantly filled with food.

Because this appendage is not complete and its diameter is small, it is prone to damage and obstruction.

Appendicitis means the inflammation of the appendix and is the most common acute cause in the lower right part of the abdomen. This complication is the most common cause of emergency abdominal surgery.

The hard process and swelling increases the pressure inside the appendix, resulting in a general and progressive pain in the upper part of the abdomen for hours, this pain later accumulates in the lower part of the abdomen.

Sometimes the inflamed appendix fills with pus discharge.

Symptoms Of Appendicitis:

- **The Pain**

The pain of Appendicitis starts from the area around the navel and moves to the right and lower part of your abdomen and gets worse when you move.

Appendicitis pain increases over 12 to 18 hours and gradually becomes severe and is usually the first symptom.

- **Loss of appetite, vomiting, diarrhea, flatulence.**

Important note: When the patient has fever, nausea or abdominal pain, he should not take laxatives or pain relievers.

How Is The Disease Diagnosed?

By performing a clinical examination by a doctor - performing blood and urine tests - performing Radiography and Ultrasound of the abdomen

Treatment:

The treatment of the disease is usually surgery, where the appendix is removed by a surgeon.

Removing this inflamed appendage does not cause any problems for you, but it is very dangerous to stay in the abdomen and is usually removed by a surgeon.

After the operation and when you regain consciousness, you will be given painkillers and antibiotics as prescribed by the attending physician. One of the most effective factors in speeding up your recovery after the operation is walking, which you should do regularly.

Preoperative care:

1. Inform the doctor and nurse if you are suffering from a certain disease or taking a certain medicine.
2. Avoid eating and drinking the night before (12 o'clock at night).
3. It is necessary to take a bath to reduce contamination and the possibility of infection.
4. Before going to the operating room, remove metal objects, jewelry, artificial teeth, etc.
5. Empty your urine before going to the operating room.
6. You will be given an operating room gown in the department.

Necessary recommendations at the time of discharge

- ✦ Be sure to go to the doctor's office according to the date of your appointment card.
- ✦ You can take a bath from the day after the operation. From now on, the operation area does not need a dressing unless your doctor has ordered it.
- ✦ Avoid heavy work for two weeks, after this period you can continue your normal and daily activities.
- ✦ Take the medicines prescribed by the doctor at home exactly according to the prescribed hours.
- ✦ Your diet after discharge is normal, but you should use as much protein as possible, such as Milk, Yogurt, Meat, And Fruits, which contain more Vitamin C, and avoid eating flatulent foods.
- ✦ After Appendicitis surgery, a person may have urinary retention, which can be solved with a hot water bag or a temporary probe.
- ✦ If you see the following symptoms, see a doctor.
- ✦ In case of symptoms of infection (fever, severe pain at the operation site, swelling and redness of the wound), go to the hospital immediately.