

DOCTOR PROTOCOL: Appendicectomy (Lap or Open)
DR STUART PINCOTT

Authorised by **Dr S Pincott/ C Tysoe**
Authorised on **14/09/2016**

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APPENDICECTOMY DISCHARGE INSTRUCTIONS
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Activity:

- Walk regularly, increase daily. Avoid any strenuous activity including heavy lifting and sports, e.g. Squash, for 4 weeks
- No car driving for 1 week

Diet:

- As desired

Wound:

- As ordered

Follow Up:

- See Dr in rooms 4 weeks after discharge