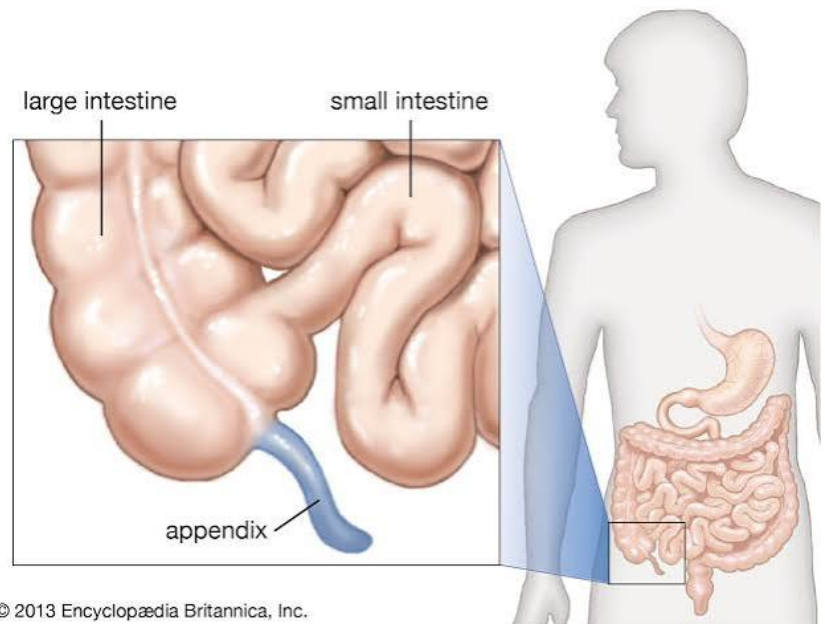




Robotic Assisted Appendectomy (Removal of Appendix)

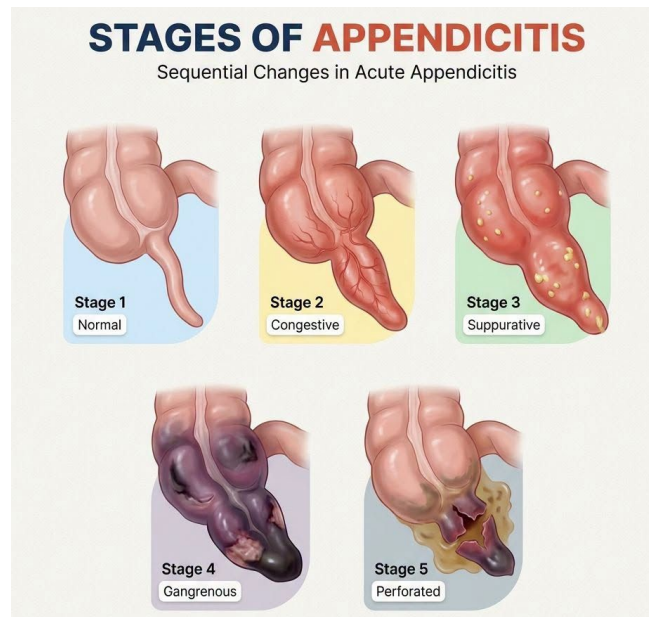
What is the Appendix?

- The Appendix is in the right lower quadrant of your abdomen. It is a narrow, worm-like or finger-like tube that arises from the first part of the large intestine. It usually measures about 3 to 4 inches long (around the size of a middle finger)
- If the opening of the appendix gets blocked by stool or an infection, it swells up and becomes painful. This condition is called **appendicitis** and causes sharp lower right belly pain, fever, and nausea. It usually requires prompt surgery to remove the organ before it bursts.
- The appendix contains lymphatic tissue that helps fight infections. It acts as a safe harbor for beneficial gut bacteria. While this is helpful, the appendix does not have an ESSENTIAL function to the body.
- Most people live completely healthy lives without an appendix

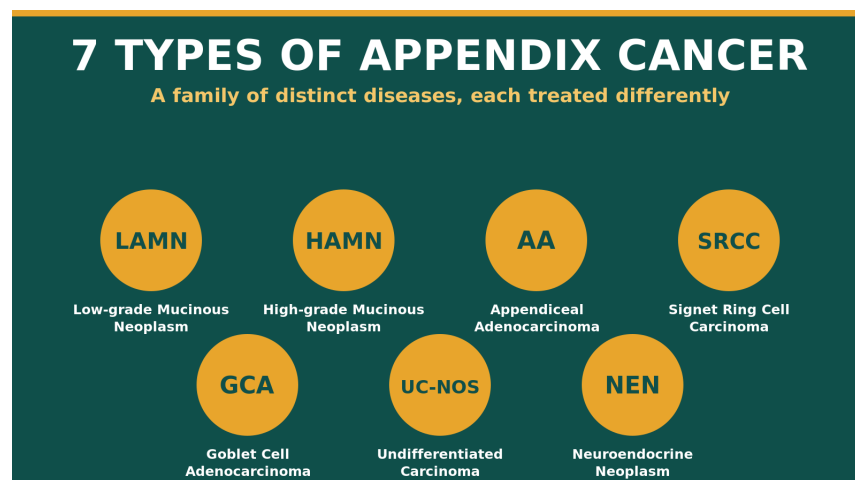


Why Should the Appendix be Removed?

- Infection of the appendix can lead to pain, fever, and in many cases rupture. Removal of the appendix prevents progression and further complications of a simple infection.

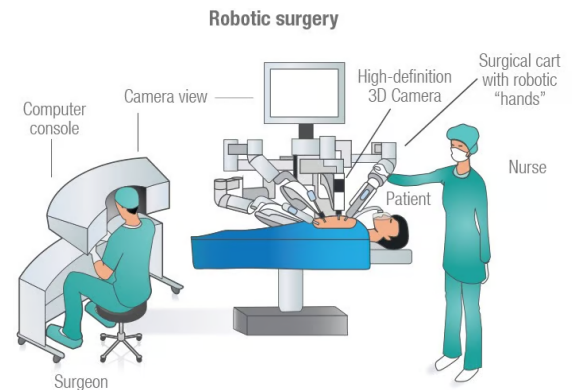


- Rare tumors or malignancies can arise from the appendix. Suspicion of this growth can be identified by CT scan, Ultrasound, and/or colonoscopy. As the appendix is an expendable organ, removal of the organ is necessary in many cases to confirm the diagnosis and/or to treat the tumor.



What Is a Robotic Operation?

- Robotic surgery is a type of laparoscopic operation (small incisions). Every movement by the robot is controlled by the surgeon at the console. The robot does not operate or move independently.
- The surgeon is present in the room and within a few feet from the patient
- The robotic console provides better visualization, 3D HD cameras, and better instrument stability.



Before Your Surgery

- No food or drink after midnight unless otherwise instructed
- The following medications usually need to be held before the operation.
 - Anticoagulation (Aspirin, Brilinta, Eliquis, Coumadin, Plavix, Xarelto, ect). Discuss specifics with your surgeon and staff.
- Shower the night before or morning of surgery
- Wear loose-fitting clothing
- Arrange transportation home. Someone will need to stay with you the night of the operation.

After Your Surgery

- Walk frequently beginning the day of surgery
- Do Not lift objects heavier than 10–15 pounds for Three weeks (or as directed)
- Keep incisions clean and dry.
 - You may shower the day after surgery
 - Do NOT soak the incision in water (pools, tubs, baths, ect) for 3 weeks
- Most patients return to desk work within several days and more strenuous activity after 6 weeks.

Normal After Surgery

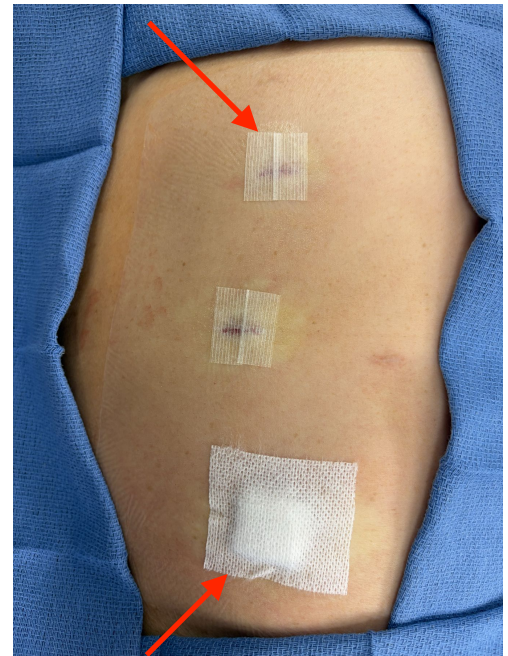
- Shoulder discomfort from the gas used during surgery. Resolves after 48h

- Mild fever up to 100.5°F. Fever Greater than 101.5°F (38.6°C) should be reported to your surgeon.
- Bruising around the incisions is normal
- You will feel a bump under each of the incisions. This is scar tissue and will soften and flatten after 1-2 months

Bandages

- STERI-STRIPS:
 - The top layer of bandages can be removed after 24 hours. This is a large square of tape. Underneath this bandage are smaller bandages called stern-strips
 - Steri-strips will usually fall off after 10 days. If they have not fallen off after 14 days, peel them off yourself.
 - You can shower with stern-strips in place.
- DERMABOND
 - This is a thin layer of glue over the incision. It will flake off after 7-10 days but it can also require gentle removal with your fingernail after 14 days.

Steri-Strips



Top layer - bandage/gauze

Constipation

- Constipation is common after general anesthetic and during the use of pain medication.
- If you do not have a bowel movement within 48h after your operation, take laxatives
- Mirilax 17mg powder twice daily until constipation has resolved

Physical Restrictions

- Do not lift anything over 10 pounds for THREE weeks after your operation
- Do not exercise within THREE weeks of your operation
- After THREE weeks, you can begin light cardiovascular exercise such as walking or elliptical machine

Diet after Appendectomy

- You have no dietary restrictions after an appendectomy

Call JRK Surgical If You Experience

- Fever greater than 101.5°F (38.6°C)
- Increasing redness, swelling, or drainage from an incision
- Persistent nausea or vomiting
- Worsening abdominal pain

Seek Emergency Care Immediately For

- Chest pain
- Shortness of breath
- Heavy bleeding
- Loss of consciousness

Youtube Videos of Related Operations:

- Simple appendectomy with a stapler
 - <https://www.youtube.com/watch?v=dPi4pwN30H4>
- Simple appendectomy with sutures
 - <https://www.youtube.com/watch?v=drDYrKQdlv4>
- Severe Inflammation of appendix requiring Graham Patch
 - <https://www.youtube.com/watch?v=z9Rkv5xMIeo>
- Perforated Appendicitis requiring drain placement
 - <https://www.youtube.com/watch?v=TZwjN140D4o>