

## **Inflammation of the appendix (appendicitis)**

The appendix is a thin, about a finger-long tube, located at the end of the cecum, on the right segment of the lower abdominal cavity. The appendix does not perform any known functions.

### **Treatment**

Appendicitis can be treated surgically or with antibiotics. The inflamed appendix is removed in the operation. The operation is performed under general anaesthesia, and it can be either open or laparoscopic. Antibiotic treatment is prescribed individually. Operated patients generally have to spend one to two days in the hospital.

### **After the Operation**

#### **Movement**

- You can start moving as soon as you feel comfortable with it.
- You need to get out of bed rolling on your side for the next two to three weeks, so that your abdominal muscles and the operated area are not stressed.
- Heavy lifting, muscle contraction, and straining should be avoided for three weeks.
- Light outdoor exercises and a healthy diet are essential to your recovery.

#### **Wound Treatment**

- You will receive instructions to treat your wounds when you are discharged.

#### **Sick Leave and Follow-Ups**

- You will receive a sick leave of two to four weeks. A follow-up is not normally required.

#### **Difficulties**

- Please contact your treatment unit or your regional emergency clinic.