

# Appendectomy For Simple Appendicitis (1): Post Operative Management Clinical Practice Guideline

FINAL 12.1.22

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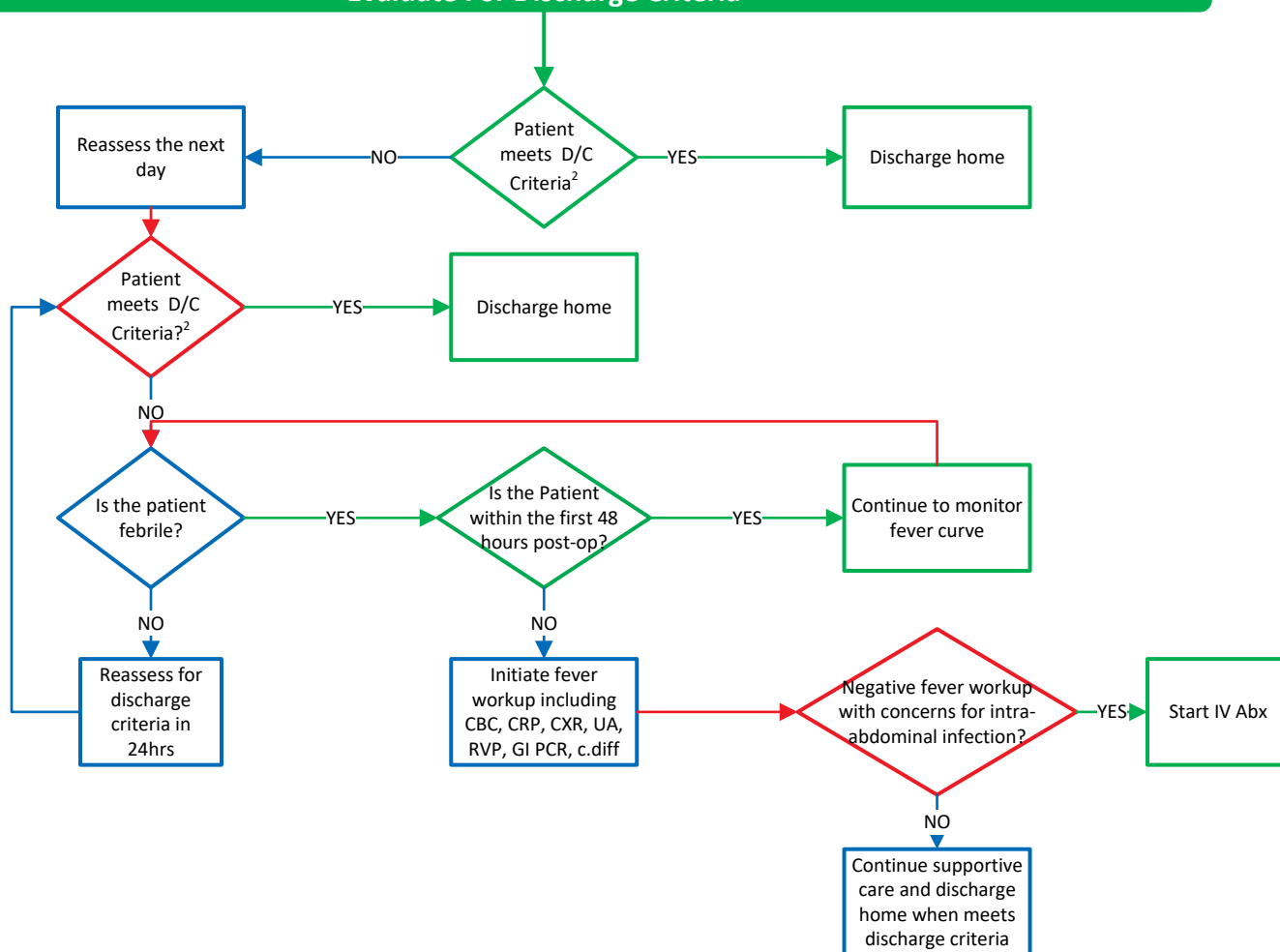


1: Acute appendicitis, localized peritonitis, w/o gangrene, w/o perforation, w/o abscess

## Initial Post-Operative Management

Nutrition/GI	Pain Control*	Activity/Consults
<ul style="list-style-type: none"> <li>Clears and advance as tolerated</li> <li>When tolerating regular diet and if no stool for 24 hours, consider starting Miralax (max 17gm PO) (see dosing below)</li> <li>Advance to oral pain medications* once tolerating regular diet</li> </ul>	<ul style="list-style-type: none"> <li>Acetaminophen: 10mg/kg/dose PO q4hr (max 500mg) for pain</li> <li>Toradol: 0.5mg/kg/dose IV q6hrs (max 30 mg/dose) Max 20 doses</li> <li>Morphine: 0.1mg/kg/dose IV q3hr PRN pain if acetaminophen or toradol is not effective (max 5mg/dose)</li> <li>Gabapentin: 10mg/kg/dose PO TID (max 300mg)</li> </ul>	<p><b>(Routine Labs NOT Recommended)</b></p> <ul style="list-style-type: none"> <li>OOB on day of surgery</li> <li>Consult Child Life as needed</li> </ul>

## Evaluate For Discharge Criteria



## Post-Operative and Discharge Management Continued

*Advancing Oral Pain Regimen	Miralax Dosing	<sup>2</sup> Discharge Criteria
<p>Once pain controlled and tolerating PO, <b>change these medications from IV to PO:</b></p> <ul style="list-style-type: none"> <li>Toradol to Ibuprofen 10mg/kg/dose PO q6hr PRN (max 400mg/dose)</li> <li>Morphine to: <b>Hydrocodone with Acetaminophen 325 mg</b></li> <li>Hydrocodone 0.2mg/kg/dose PO q6hr PRN pain (max 5mg Hydrocodone per dose)</li> <li>If discharged on <b>opioids</b> also order Miralax qd X 5 days</li> <li>Consider Gabapentin as a discharge medication</li> </ul>	<p>When tolerating regular diet and if no stool for 24 hours, consider starting Miralax (max 17gm PO) AND If discharged on opioids also order Miralax qd X 5 days:</p> <ul style="list-style-type: none"> <li>Age 1-5 years 4.25 grams (1/4 capful)</li> <li>Age 6-11 years 8.5 grams (1/2 capful) □</li> <li>Age 12 and up 17 grams (1 whole capful)</li> </ul>	<ul style="list-style-type: none"> <li>Afebrile</li> <li>Tolerating regular diet</li> <li>Adequate pain control with oral medications:               <ul style="list-style-type: none"> <li>Pain score is 3 or less within 1 hr. after oral medication administered</li> </ul> </li> <li>Benign Abdominal Exam by attending surgeon/designee</li> <li>Ambulation without assistance (250 feet)</li> </ul>