



# When Can I Exercise After Appendectomy?

Reviewed by [Dr. Valeria Simone MD \(Southlake General Surgery, Texas\)](#)

When the appendix becomes infected and causes severe discomfort, an appendectomy is often the only option for treatment. It's vital that you get plenty of sleep and take adequate rest for a while after surgery so that your body can recover.

The average time to recover is two weeks, though you should check in with your physician before getting back into a regular workout routine to be sure you aren't increasing your risk of issues. The type of abdominal incision made during the operation—laparoscopic surgery or open surgery—will determine – When can you exercise after appendectomy.

## Appendectomy Procedure

Your appendix can be removed through a surgical operation known as an [appendectomy](#). The appendix is a tiny pouch that sits at the end of the large intestine. Appendicitis is a painful enlargement and inflammation of the appendix, and the standard treatment is an appendectomy. The surgeon will make a small incision in your lower abdomen, free the appendix from its attachments, and remove it. The average duration of the procedure is 1-2 hours.



**WHEN CAN I EXERCISE AFTER APPENDECTOMY?**

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**When Can I Exercise After Appendectomy?**  
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## Workout After Appendectomy

For the first two to four weeks after an appendectomy, you should take it easy and avoid any activities that could cause discomfort. Overtraining is not advised at this time. In addition, you should not lift anything too heavy for a while following your appendectomy.

Remember that you may experience pain, and you will also feel exhausted for at least a week after surgery. As a beginning form of exercise, try going for a short walk several times a day; this will not only improve your cardiovascular health but also reduce the risk of getting blood clots.

Your doctor will determine when you are physically capable of exercising again after having your appendix removed. You should check with him beforehand because he may advise you to take a longer break between workouts. Keep in mind that starting too soon might be dangerous, and adequate rest helps tissue repair. When you do decide to start exercising, ease into it by doing something as simple as walking, then build up to more strenuous exercises as your body adapts.

### Post-op Outlook

In most cases, appendicitis patients who have their appendix removed will make a full recovery. At some point, you'll feel better enough to eat normally again. To fight off an illness, antibiotics are a common treatment plan. Just because you feel better doesn't mean you can stop taking your medication. It normally takes between four and six weeks to completely heal.

### Prevent These Complications

It's important to keep the wound dry and clean to prevent infection. Wash your hands well before touching the incision and change the dressing as indicated. If you are unsure about whether or not you should take a shower, bath, or soak, consult your doctor. If you are experiencing any difficulties, please contact your doctor right once. Fever, chills, swelling, increased discomfort, and excessive bleeding at the incision area, as well as coughing, shortness of breath, chest pain, and increased abdominal pain, are all possible complications.

### What to Eat After Appendectomy

According to [Dr. Valeria Simone MD](#), an experienced general surgeon at [Southlake General Surgery, Texas](#), appendicitis, or inflammation of the appendix, is the most prevalent illness of the abdomen that necessitates emergency surgery. Since the appendix is not crucial to digestion, you might not have to make any substantial dietary adjustments once it is removed. But there may be things to avoid following appendix surgery to reduce discomfort and make digestion easier. During your appendicitis recuperation, you should discuss your dietary needs with your doctor.

It is important to follow your doctor's instructions regarding what kinds of foods to eat and avoid following an appendectomy.

### A Diet For Appendectomy Recovery

Your doctor may give you a sip or two of water as soon as you wake up from anesthesia, but you shouldn't drink anything until you completely recover from the anesthesia. When you're ready to eat, it could help to begin with something light and simple, like soup or yogurt. Your doctor may recommend a liquid diet consisting of liquids and meals that change to fluid at room temperature after abdominal surgery if you are having trouble digesting solid food. Fruit juice, soups, broth, and shakes are all possible options for a liquid diet.

If you are following the liquid diet, you are not permitted to consume any solid food. This includes fruits and vegetables that have been cut into whole pieces, as well as meats, eggs, poultry, fish, bread, cold cereal, beans, pasta, rice, nuts and seeds, and any other item that must be chewed thoroughly before being swallowed. After your operation, you won't be able to start eating ordinary meals until your surgeon gives you the all-clear to do so.

#### Avoid Meals High in Fat

Dr. Valeria Simone, MD recommends starting with bland, low-fat meals such as mashed potatoes, plain spaghetti, plain crackers, rice, cottage cheese, and bananas immediately after an appendectomy. Dr. Simone warns against eating anything too rich or greasy in the days following surgery, as it might lead to stomach problems. However, this isn't true for everyone, and many people may return to their regular diets shortly after appendix removal.

#### Eat Fiber-Rich Food

To avoid constipation after surgery, it is recommended that you consume a high-fiber diet. Seeds, beans, a wide range of fruits and vegetables, cereals, whole grain bread, and pasta are all good sources of fiber.

Let's explore more: [When Can I Exercise After Appendectomy? - Southlake General Surgery](#)

#### Appointment

For more information on "When Can I Exercise After Appendectomy?" or consultation with Dr. Valeria Simone MD. You can contact our healthcare expert today at +1(817) 748-0200.

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