

Don't let appendicitis burst your bubble

*****SOT*****

Amanda Maddox, APRN

OSF HealthCare surgery provider

"It's an obstruction within the base of the appendix. That could be from a hard fecal mass, inflammation or an infection." (:09)

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"For appendectomy surgery, the gold standard is laparoscopic. It's small incisions around your abdomen. We go in with the laparoscope and other instruments under direct visualization. We remove the appendix and send it off to the lab. If there are complications, bleeding or if it's a difficult appendix to remove, we do have to an open appendectomy. That would require an incision on the right lower quadrant of your abdomen." (:35)

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"Have a healthy diet high in fiber and water. Have regular bowel movements. That can all help." (:06)