

POSTOPERATIVE INSTRUCTIONS FOR PATIENTS FOLLOWING ANAL SURGERY:

1. A small amount of bleeding is normal after the surgery. This includes “spotting” on a gauze pad or underwear or on the toilet paper or commode after a bowel movement. If you pass a large amount of blood or blood clots, call the office immediately.
2. Do not sit on a “donut” cushion. This tends to make any pain or discomfort worse. A plain, soft pillow is best if sitting is uncomfortable.
3. It is important to try and have a bowel movement within 24 to 48 hours after surgery. A gentle laxative such as Milk of Magnesia is good. If this does not work, a Dulcolax tablet or Magnesium Citrate is almost always effective. Do not take a suppository or an enema unless advised by the surgeon.
4. You should begin taking an over-the-counter fiber supplement immediately following the surgery (Metamucil, Konsyl or Citrucel). Begin with 1 tablespoon in 12 ounces of water or juice twice a day for 2 weeks. After this, cut back to once a day. Staying on this will prevent any recurrence of the problem.
5. Take a sitz bath (*sit in a hot tub or water*) after each bowel movement and when you are experiencing discomfort. This helps to relax the muscles and keeps the area clean.
6. Take scheduled non-narcotic pain medication for 2-3 days unless you are instructed otherwise. ***If there is no contraindication or documented allergy, the usually recommended schedule is 2 extra strength Tylenol tablets alternating with 3-4 ibuprofen tablets (600-800 MG) every 3 hours, always with a piece of toast or crackers. If you still experience severe pain, take the prescription narcotic pain medication, as needed and directed.*** Remember, narcotic pain medication should only be taken as needed for severe pain and if you already taken the scheduled non-narcotic pain medications. Pressure or discomfort does not warrant the use of narcotics. Narcotics may have serious side effects (constipation, dizziness, urinary retention, nausea, vomiting), may prolong your recovery and you are not allowed to drive if you take them.
7. **If you believe that you run out of pain medication within 12 hours, please call in normal work hours (9 am to 4 pm) for a refill! This way we can guarantee timely refill of your prescription.**
8. If you are experiencing drainage or bleeding, keep the area covered with a gauze pad or sanitary napkin. This is mainly to protect your clothes and does not need to be sterile.
9. There are no restrictions on your diet or activity but use common sense. If something hurts or does not agree with you, stop doing it. It is normal to be very tired for several weeks following the surgery as your body heals.
10. Call the office immediately if you have any excessive bleeding, temperature greater than 101 degrees F or difficulty urinating.