

Discharge Instructions: Anorectal Surgery

Activity

- Being tired after surgery is normal.
- Walking, climbing stairs and riding in a vehicle may be done in moderation.

Diet/Medications:

- **Take a fiber supplement** (Citrucel, Metamucil) 2 Tablespoons in 8 ounces of water or juice 2x/day.
- Take Miralax powder 2x/day to help with bowel movements.
- Avoid straining or sitting on toilet >5 minutes – this may cause swelling, pain, and bleeding.
- If you do not have a bowel movement by the 3rd day, take Milk of Magnesia and repeat in 6 hours if no results. If this still does not produce a bowel movement, call our office.
- Diet should include fruits and vegetables. Avoid spicy foods, tomatoes, and alcohol. Drink 6-8 full glasses of water daily.
- Unless you have been told otherwise by your physician, it is okay to resume aspirin, blood thinners, and any other anticoagulants.

Pain Medications

- Use prescription pain medications when needed for severe pain. Use extra-strength Tylenol or Ibuprofen (Advil) for less severe pain.
- Narcotic pain medications may cause nausea and constipation.
- **DO NOT** drive until you have been off your narcotic pain medications for 48 hours (2 days).
- Unless you have been told otherwise by your physician, it is okay to resume aspirin, blood thinners, and any other anticoagulants.

Wound Care/Bowel and Bladder Movements

- Bloody discharge is expected, particularly with bowel movements. Change dry gauze as necessary. Call if bleeding is persistent or profuse.
- Within 24 hrs of surgery, you may notice passage from the anus of a small dressing called gelfoam, which was placed at the time of surgery. Do not be alarmed.
- **Start Sitz baths the morning after surgery:** -First take off the dressing. -Sit in tub of lukewarm water 4-6 inches deep for 10-15 minutes, for 3 times daily and after bowel movements. -After the sitz bath, gently rinse anal area with water. A hand-held shower spray is ideal for this purpose and may be purchased at a hardware store. Do not use soap. You may use Cetaphil Gentle Skin Cleanser. -Pat dry with a soft towel. You may apply Prax lotion, Anusol, Vaseline, externally 3-4 times per day. -For a dressing, use gauze, cotton balls or sanitary pads.
- If you are unable to take a sitz bath after a bowel movement, use a moistened towelette (Wet Wipes, baby wipes, Cottonelle wipes, Tucks pads, or Fleet pain relief pads) rather than dry toilet paper. Some pain and oozing is to be expected.
- If you have difficulty urinating, get into a tub of warm water, relax, and urinate right into the tub.

When To Notify The Surgeon

- Fever > 100.5 degrees F or over 38 degrees C.
- Persistent bright red bleeding into the toilet bowl..
- Inability to urinate.
- Severe pain not controlled with the medicines you have been given.
- Inability to have a bowel movement even after laxatives..

In case of an emergency, call 911 for medical help right away.