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Postoperative Instructions for Anorectal Surgery

Dr. Beth Moore
Dr. Thomas Sokol

We have found that patients who understand the recovery process and follow the instructions listed below tend to experience an easier path to recovery.

Both your body's reaction to surgery and postoperative pain medication often lead to constipation and passage of hard stool. This can be combated by the following:

- Maintain a high fiber diet with plenty of fruits and vegetables.
- Take a fiber supplement every day such as Metamucil, Citrucel or Konsyl.
- Take Colace 100 mg. twice a day every day. If your stool becomes loose, then stop this medication.
- If you have failed to pass stool by postoperative day 2, or if your stool is still hard, take 2 tablespoons of Milk of Magnesia. If you have no result, repeat.
- Do not use enemas or suppositories.

Postoperative pain is expected after anorectal surgery. Depending on the specific surgery, pain often lasts from 3-14 days.

- Have your prescription filled immediately and begin taking as directed upon arrival at home.
- Local therapy is quite effective in relieving anorectal pain. Apply an ice pack or crushed ice in a ziplocked bag to the dressing intermittently for the first 24-48 hours. If you need to have a bowel movement during this time, take the dressing off, go to the restroom, take a brief shower, place a new gauze pad to the area and resume sitting on the ice pack.
- After 24-36 hours, remove the gauze dressing, and soak in a bath for 10-15 minutes three times a day.
- Keep a clean, dry gauze or pad to area as long as there is drainage.
- Some bloody discharge, especially after bowel movements, can be expected. If there is prolonged or profuse bleeding, call the office immediately.
- No aspirin, Aleve, ibuprofen (Motrin, Advil), unless recommended by your surgeon, for 10 days following your surgery.
- No heavy lifting or strenuous exercise for the next 10 days

Postoperative office visits are essential to ensure proper healing.
Please call the office to make an appointment 10-14 days after your procedure
at 310-854-3580.

If you have any questions about your postoperative care, please call the office.



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Dr. Murrell Postoperative Instructions for Anorectal Surgery

**If you have any questions about your postoperative care,
Please call Dr. Murrell's office:**

**Beverly Hills 310-854-3584
Los Alamitos 562-452-3154**

1. **DIET:** A general diet is recommended, including plenty of fruits and vegetables. Try to drink 6-8 glasses of water per day.
2. **ICE:** Apply an ice pack or crushed ice in a zip-lock bag to the surgical area as much as possible for the first 24-36 hours. If you need to have a bowel movement during this time, take the dressing off, go to the restroom, take a brief warm shower, place a new dry gauze pad to the area and resume placement of ice pack.
3. **URINATION:** If you do not pass urine 6 hours after leaving, please call Dr. Murrell's office.
4. **WARM SOAKS:** After 24-36 hours, remove the gauze dressing and soak in a warm bath for 10-15 minutes, three times a day.
5. **DRESSINGS:** Keep a clean, dry gauze or pad to the area as long as there is discharge or drainage. Some bloody discharge, especially after bowel movements can be expected after rectal surgery. If there is prolonged or profuse bleeding, call the office immediately.
6. **CONSTIPATION: Pain medications can cause constipation. While taking pain medication:** It is recommended that you begin taking an over-the-counter stool softener today such as **Colace or Surfak** daily. It is also recommended that you begin taking a fiber supplement today such as **Metamucil, Citrucel or Konsyl** daily.
7. **BOWEL MOVEMENTS:** Bowel movements after rectal surgery are usually associated with some discomfort. This will diminish as the healing progresses. You should have a bowel movement at least every other day. For easier Bowel Movements:
 1. **If Movantik or Relistor was prescribed for you, begin today for 10 days along with Mineral Oil – 1 Tablespoon AM and PM. Continue Mineral Oil until your appointment with Dr. Murrell.**
 2. **If you were NOT prescribed Movantik or Relistor, take:**
Miralax 1 cap full AM and PM along with
Mineral Oil – 1 Tablespoon AM and PM until your appointment with Dr. Murrell.
 3. **If you do not have a bowel movement in 3 days:**
Take 2 tablespoons of Milk of Magnesia and repeat in 6 hours if you do not have results.
8. **Do not take Aspirin** for the next 10 days.
9. **Exercise:** No heavy lifting or strenuous exercise for the next 10 days.
10. **Make an appointment:** Postoperative office visits are essential to ensure proper healing of your rectal wounds. Please make an appointment in 10-14 days.