

## **RECTAL SURGERY**

### **Immediate restrictions because of the anesthesia you have received you need to:**

- Limit your activities for 24 hours
- Do not drink alcoholic beverages because they can sometimes exacerbate the effects of the anesthesia.
- Start a clear liquid diet and advance to a regular diet if the clear liquid diet is well tolerated.
- Do not make any important or critical decisions

### **Contact our office (949-276-8050) if you experience any of the following:**

- Excessive bleeding (i.e. soaked bandage)
- The pain medication is not controlling the pain
- The patient is unable to urinate after 8 hours following surgery.
- Patient is experiencing vomiting which persists overnight
- Fever greater than 101F
- Excessive redness or swelling around the incision
- Any drainage from the wound

NOTE: If you are unable to get in contact with Dr. Klause or her office, please go to the Emergency Room.

### **Dressings**

- Gauze placed during or after surgery can be removed when you get home
- If there is any oozing, you can replace the dressing.

### **Pain**

- Local anesthetic was injected during the procedure. This will help keep pain controlled for approximately 3-4 hours. A prescription for pain tablets will be provided at discharge.

### **Wound Care**

- Sitz baths should be taken daily or with every bowel movement
- Do not attempt to insert anything like a suppository into the rectum for 2 weeks.

### **Diet**

- Constipation should be avoided by using stool softeners of choice. These should be used in sufficient amounts to be effective as they are harmless in excess.