



Anorectal Surgery Post Op Instructions

Post Operative Pain

Pain is anticipated after your procedure. The provider will usually prescribe pain medication. The pain medication will help take the edge off the pain, but not eliminate it completely. You can consume the medication as directed on the bottle. Like most medications, there are side effects associated with taking them. Some general side effects are dizziness, drowsiness, nausea, and constipation. Do NOT drive or operate a motor vehicle while consuming the pain medications. Do NOT consume alcoholic beverages.

Sitz Bath

Sitz baths also help reduce the pain. Sit in a luke-warm bath for 10-15 minutes three to four times daily or after each bowel movement. You may use the bathtub as sitz bath or buy one from the pharmacy.

Bowel Movements

It is recommended to take a stool softener after your procedure. You can begin taking stool softener that same Day. Take one Colace 3 times per day with meals. Avoid constipation and straining. You can consume prune juice.

Use Konsyl, Citrucel, Metamucil or other fiber supplements for 6 weeks and drink plenty of water. You can take two teaspoons mixed with water daily in the morning. If your stools become too loose, cut back on the number of amount of fiber. Ideally your stool should be soft, not hard, or too liquidly.

When having a bowel movement avoid straining and over exerting. You may feel a false sense to defecate, a sitz bath can be helpful if you have these sensations.

Diet

You may resume your normal diet but add more fiber. It is recommended to maintain a high fiber diet. Use bran, brown bread, vegetables, beans, and fruits. Avoid hot and spicy foods, beer, wine, carbonated drinks, coffee, or tea as these may cause irritation of the anus.

Personal Hygiene

You may use toilet paper as soon as comfort allows. Using just plain Luke-warm water in a perineal bottle to flush and clean the area is also an option. You can use the bottle to flush the area and avoid wiping to dry, pat instead with a soft towel. After cleaning, you can use witch hazel pads or a tucks pad over the area. You can also use a 4x4 piece of gauze.

Things to keep in mind...

Stitches-Most cases you will have stitches. The stitches will dissolve on their own. The anus will have an inflammatory reaction to the stitches. This can cause some soreness, swelling, bleeding, discomfort, discharge (blood included), and a false sense to defecate. Sometimes stitches feel like hemorrhoids from the swelling. These symptoms are all very normal.

Bleeding-Bleeding can and will happen over the next several weeks after surgery, it is completely normal. **Mild bleeding** is normal for several days after surgery, especially with bowel movements. You may see light spotting on gauze, underwear, or in the toilet water—this is expected. Bleeding may increase slightly after a bowel movement or with increased activity.

When to Call the Office:

Call us right away at **(718) 475-2017** if you experience: **Heavy bleeding** that soaks through a pad or underwear in under an hour, **large clots** or a continuous stream of blood or if bleeding that starts suddenly after several days of improvement

Daily Activities-You should avoid overexerting yourself for the next three weeks. This includes but not limited to: Lifting over ten pounds, exercise, and prolonged periods of time sitting. In most cases, our office should have scheduled a three week follow up to see the provider.

When to call our office

Our providers are here to help. We want to hear from you if you should develop the following any time after your procedure:

- **Excessive bleeding**-bleeding and soaking through more than 3 pads per hour.
- **Fever**-A fever of 101 degrees or higher.
- **Excessive Pain**-Even after taking the pain medications you are still in excessive pain.