



Colon and Rectal Clinic

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Instructions Following Drainage of an Anal Abscess

1. Change the dressing, the next morning or when you want to have a bowel movement. Sit in a tub of warm water, to soak the dressing before removing it. Place a dry dressing over it at all times till the wound heals.
2. On the day of surgery, lie down and rest to minimize bleeding. Do not be alarmed if you notice some bleeding. If excessive bleeding is noted, please call our office.
3. Avoid strenuous activity and heavy lifting for a day to prevent any significant bleeding.
4. Sitting in a tub of warm water for 10-15 minutes, 3-4 times a day and after every bowel movement will keep the area clean and also relieve pain. You may moisten your toilet paper and dab the area clean. Do not rub with a wash cloth.
5. There will be pain and discomfort when the local anesthetic wears off. You may use the narcotic medication prescribed, along with a stool softener. Use Tylenol or Motrin if the pain is mild in intensity.
6. Keep your stool soft to avoid injury to the skin wound. Patients find fiber supplements such as Konsyl, Metamucil, or Citrucel, 1 tablespoon, once or twice daily helpful in this regard. Over the counter stool softener such as Colace may be used. You may take 1-2 ounces of Milk of Magnesia if the constipation is refractory to the above measures. Drink 8-10 glasses of non-carbonated, caffeine free drinks or water per day.
7. It will take a few weeks for the wound to heal. Your wound may continue to drain some fluid for several days. Use a piece of gauze or a sanitary pad to protect your clothing. If drainage continues after 2-3 weeks you may be developing a fistula.