

DISCHARGE INSTRUCTIONS AFTER ANORECTAL SURGERY

DIET

Take a high fiber diet. See fiber chart. Avoid hot spicy foods, beer, wine, carbonated drinks, coffee or tea, tomatoes or citrus fruits as these may cause irritation of the anus. Take one tablespoon of a fiber supplement such as Konsyl or Metamucil once or twice a day for 6 weeks and drink plenty of water.

SITZ BATH

Do Sitz bath (sit in a Luke-warm water bath) for 10-15 minutes 3 or more times a day and after every bowel movement, starting tonight. One may use the bathtub as a Sitz bath or buy one from pharmacy.

KEEP YOUR STOOL SOFT

Take over the counter stool softener such as Colace 100 mgs twice daily for two weeks. Take two table spoons of mineral oil at bedtime, the night you are home from surgery and continue until you have regular bowel movements. Avoiding bowel movements due the irrational fear aggravating pain may result in stool impaction or hard stools. Evacuating hard stools may result in severe pain and bleeding. If unable to have bowel movements with the above measures use two table spoons of Milk of Magnesia or 17 grams of Miralax in 8 ounce of water once or twice daily. Prune juice often helps.

Make only normal efforts to pass a stool, do not strain. Do not push. You may feel false urges to defecate-the Sitz bath may be helpful if you have these sensations. Try to ignore these false urges.

PERSONAL HYGEINE

Using plain luke-warm water for cleaning is comfortable. After cleaning, tuck in a piece of 4x4 gauze over the area. Baby wipes or moistened toilet paper is an alternative.

MANAGEMENT OF PAIN

Doing sitz bath as often as needed is the best way of taking care of the pain. Pain pills (1 or 2) may be taken every four to six hours. It is a good idea to take these pills round the clock for the first few days after surgery and not wait till the pain gets unbearable. These pills have a tendency to cause dizziness, drowsiness and nausea. Do not drive a car or consume alcoholic beverages with these pills.

You may apply 5% Lidocaine cream, Anusol ointment, Preparation H or Tucks pads to operation site for comfort.

GENERAL INSTRUCTIONS

You may feel loose stitches hanging. Do not tug on them. IF needed cut the excess stitch with a scissor.
Do not be alarmed if there is some bleeding. Some Bleeding is possible up to several weeks after surgery.
Do not be alarmed if you notice swelling around the anus as long as the pain is not excruciating or getting worse. The swelling will go down in several weeks.
Avoid Strenuous exercise, excess straining to have bowel movements or heavy lifting.
Drive when pain is tolerable but avoid prolonged driving.
Refer to frequently asked questions after anorectal surgery.
You will be seen in office two weeks after surgery.

Call the office at 770-495-0799 for an earlier appointment if you have excessive pain or fever.