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## Postoperative Instructions following Anorectal Surgery

### Orders To Be Followed At Home For 2-3 Weeks After Anorectal Surgery

1. Diet as desired except coarse bran cereal (Grapenuts Flakes), popcorn, nuts, seedy fruits (strawberries, raspberries) and highly seasoned foods.
2. You may be out of bed as desired, and use stairs as desired.
3. Apply crushed ice in a baggy, for 15-20 minutes at a time, for the first 24 hours post following surgery. Take a 15-20 minute break. You do not have to do this when asleep.
4. Sit in a bathtub in four inches of warm water or use a sitz bath kit, for 10-15 minutes at least 4 times daily, and after bowel movement.
5. Following bowel movement, moisten toilet paper, cotton, or obtain non-alcoholic baby wipes for cleansing. **Dab, don't wipe.** Balneol Ointment on toilet tissue is another alternative.
6. Take your pain medications as prescribed. Begin as soon as you get home to prevent pain. Avoid taking pain medicine on an empty stomach.
  1. Narcotics: Typically Lortab (Hydrocodone) will be given. This typically does not cause significant constipation.
  2. Acetaminophen (Tylenol)- Can substitute this for the Lortab- Extra Strength, 2 pills every 6 hours( **Do Not** take this at the same time as the Lortab which also has acetaminophen)
  3. Naprosyn (Aleve) Take 1 pill every 12 hours, in addition to one of the above meds.
7. Bulk fiber supplements are important to use on a daily basis while the wounds are healing (at least 4 weeks). Citrucel, Konsyl or Metamucil in the powder form should be used. One heaping teaspoon in an 8oz. glass of water or juice should be taken each morning. You may take this twice per day if necessary.
8. Kondremul or Mineral oil can be used on a daily basis for constipation. This should be stopped in 7-10 days.
9. If no bowel movement for 48 hours, take 2 Dulcolax (Bisacodyl) tablets.
10. You may see some blood or drainage from the wounds with or without bowel movement. A small piece of cotton or gauze dressing outside the anus can be changed several times per day, and may prevent soiling of your clothes.
11. No heavy lifting or strenuous exercise for 1-2 weeks.
12. Do Not use a "Donut" type pillow as this leads to increased discomfort
13. For routine questions or prescription refills, please call the office during regular business hours. If you are having increasing pain, unable to urinate or having fevers greater than 101, please let us know.
14. Call the office for an appointment for about 4 weeks from the date of surgery. Disclaimer:

The above are generalized instructions for the "average" patient. Any instructions given by surgeon on discharge specifically to you supersede those enumerated above.

