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POST-OPERATIVE INSTRUCTIONS FOR ANO-RECTAL SURGERY

GENERAL INSTRUCTIONS:

- **If you've had same-day surgery, you should rest in bed for the remainder of the day. Avoid all unnecessary walking.**
- The pressure dressing should be kept in place until late evening or early morning. This is to control any minor bleeding.
- You may have stitches that will dissolve. In order for the stitches to dissolve the tissues about the anus will create an inflammatory reaction around anus and cause swelling and itching. You will experience pain and fullness, some bleeding with bowel movements, discharge with an odor, or a false urge to defecate. Bleeding with passage of stool is possible for six to eight weeks after surgery. If the bleeding is heavy and continuous, call the office. If you are unable to urinate please call the office immediately.
- **Keep an ARD pad (available in our office) over the rectum at all times to keep the area dry.** Do not use toilet paper, napkins, Kleenex, etc. tucked to the rectum but use only ARD pads or 4x4 gauze. You will have a lot of drainage the 1st week, this will taper down through the healing process.
- Avoid heavy lifting and straining for two weeks. You can drive if not on pain meds. You can sit on a doughnut or pillow for comfort.
- Your absence from work will vary according to the severity of your illness. **After being examined by your doctor you can usually return to work in about one to three weeks. We will not provide an excuse for any unauthorized leave of absence prior to surgery.**

SITZ BATH:

If a portable sitz bath is not provided for you by the hospital, you may use your bathtub. Start the sitz bath once you remove the pressure dressing. Do not add anything to the water. You will soak at least 5-7 times per day for 15-20 minutes at a time. The circulating warm water is therapeutic and you can not over soak. This helps reduce pain and swelling.

MEDICATIONS:

You will be given prescriptions for:

- 1) Dietary fiber supplement which is Metamucil, Konsyl or Citrucel (this is over the counter). You will take 1TBSP in the morning with juice or water or as directed by your doctor.
 - 2) A stool softener (this is over the counter): take 1 at bedtime or as directed by your doctor.
 - 3) Pain medication (given by your doctor): please take as directed with food in your stomach.
- Pain medication can cause nausea, vomiting, constipation itching, or rash. If your pain medication can not be tolerated please call the office. Metamucil, Konsyl, Citrucel and other psyllium seed powders are dietary supplements. They work by increasing the volume of stool through water retention. They work ONLY if you combine them with an adequate amount of water and roughage
(over)

supplied by proper diet of bran, fruits, vegetables, etc. If you are not getting the desired effect, then more attention should be directed towards your diet. Increasing the dietary fiber supplement dose beyond 1 tablespoonful daily is usually ineffective and will produce a gassy, bloated feeling. If you find that these are not effective then please call the office.

In case of mild pain, take Tylenol, 1 or 2 tablets every 4 hours as needed. If the pain is severe, take the prescribed medication. If the pain is unrelieved, call our office.

THERE ARE NO MEDICATIONS REFILLS AFTER OFFICE HOURS OR ON WEEKENDS. If a prescription refill is needed, call our office between the hours of 9am and 5pm, Monday through Friday.

BOWEL REGULARITY:

You should be able to avoid constipation if you establish good eating habits by including roughage and plenty of fluids in your diet. If you are unable to have a bowel movement and have tried the above measures without results, you may take a fleet enema in the knee chest position, and repeat once with a tap water enema if needed. If you are having diarrhea, which is 8-10 bowel movements per day , call our office for instructions.

DIET:

Try to regulate your diet so you get into a routine of having a regular bowel movement every morning after breakfast. You are encouraged to drink at least six glasses of fluid per day and eat foods that provide roughage. Examples are bran and bran products, salads, and fresh fruits and vegetables. Dairy products are very constipating, so you should avoid milk and milk products, including cheese and ice cream. However, you may use a very small amount of milk or cream in your coffee or on your cereal. Prune juice at bedtime acts as a mild laxative. Avoid spicy foods.

ACTIVITY:

After three days, exercise and activity are encouraged, and will help you to get rid of gas. This will increase your strength, and stimulate your bowels. Please use your judgement on activity such as no weight lifting, squats, lifting heavy objects or children, etc.. You can swim (pool or ocean) providing you shower well after you are done then place a dry cotton pad at the rectum.

APPOINTMENTS:

If no follow-up appointment was made for you while in the hospital, call our office when you get home. You are requested to see a doctor 1 week after surgery. When you call the office, make sure the receptionist understands you are calling for your 1st post operative visit

QUESTIONS:

If you have any questions, please call our office (407) 422-3790. The office is open 9 am to 5 pm, Monday through Friday. The nurse can help you with any questions you may have regarding your recovery. After hours, the answering service will take emergency call and relay them to the doctor on call.

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HEMORRHOIDAL BANDING

You've had rubber bands applied to your hemorrhoids to cut off the supply of blood to them. This will cause them to fall off in seven to ten days.

Here are some things you should know:

1. You may feel a dull ache for a day or two after treatment. This usually starts soon after the rubber bands are in place. To ease this ache, take Tylenol or Extra Strength Tylenol tablets.
2. If the Tylenol doesn't relieve the ache, call the office and speak with a medical assistant or physician on call.
3. You may eat your normal diet.
4. Take a stool bulking agent (ex: Metamucil, Konsyl, Fiberall). Take one teaspoon, once a day, and drink six to eight glasses of water a day to keep your stool large and soft.
5. You may drive a car and carry on with normal activities during the banding period.
6. In seven to ten days, the hemorrhoids will fall off. You probably won't notice the bands. A small amount of bleeding may occur at this time and that's O.K. If you bleed severely, phone our office and speak with the medical assistant or the physician on call.
7. If you experience the following complications, **fever, chills, or inability to urinate**, call the office immediately for instructions.
8. It'll probably take more than one treatment session to treat all of your hemorrhoids. If problems of bleeding or protrusion persist after two weeks, phone our office and speak with the medical assistant or physician on call.
9. Your follow-up visits will begin two weeks after each treatment. Please schedule these visits with the receptionist before leaving the office.