

POSTOPERATIVE INSTRUCTIONS FOLLOWING ANORECTAL SURGERY

1. Take a sitz bath (sit in a tub of 3-4 inches of warm water) four times a day, for 10 - 15 minutes, each time you have a bowel movement.
2. If you have outpatient surgery and go home the same day, you may notice passage of packing within 24 to 48 hours after surgery.
3. If you are unable to urinate, try to start your stream while sitting in a sitz bath. If you are still unable to urinate after sitting in the sitz bath, call our office at (817) 267-2678.
4. Stay on a clear liquid diet for 3 days after your operation. After three days, take a bulk laxative such as Metamucil or Citrucel, and drink 6-8 glasses water/liquids a day. Take Milk of Magnesia if you are feeling uncomfortable and have not had a bowel movement within two days.
5. Take pain medications as prescribed, if needed. Do not drive a motor vehicle or operate machinery while taking prescription pain medication.
6. DIET: avoid alcohol, caffeine and spicy foods.
7. ACTIVITY: No strenuous activity.
8. It is normal to have some drainage and bleeding with bowel movements for several weeks after surgery.
9. You will need to be seen in our office in two weeks from dismissal for a follow-up visit. Please call the office to set this up this appointment.
10. If you have any questions or problems, do not hesitate to contact our office at (817)267-2678.