

POST OPERATIVE INSTRUCTIONS FOLLOWING ANAL SURGERY

PAIN MEDICATIONS

- You should take acetaminophen (Tylenol) and ibuprofen (NSAID) around the clock. Take 1000mg of acetaminophen every 8hrs alternating with 600mg of ibuprofen every 8hrs. Do not take these at the same time. Do not take NSAIDs if your doctor has told you not to.
- If you are taking any other medications that contain acetaminophen, do not exceed 4000mg per day.
- If you were prescribed a narcotic, such as oxycodone, take this if you still have pain after taking acetaminophen and ibuprofen. Be aware narcotics cause constipation, and you may need to increase the medications below to prevent this.
- We are not able to refill narcotic prescriptions after hours or over the weekend. Please call the office ahead of time if you will need a refill.

CONSTIPATION PREVENTION

- After your surgery, take milk of magnesia or miralax every day until you have your first bowel movement, then stop
 - o Milk of Magnesia: take one tablespoon (15mL) twice a day
 - o Miralax: mix one capful (17g) into any liquid once a day
- You should also take the following medications every day, these are available over the counter
 - o Fiber (i.e. Metamucil, Citrucel): take one tablespoon 1-2 times per day. Mix in 8oz of fluid (water or juice) and follow with another 8oz of fluid. Continue at least until your first post op appointment.
 - o Stool softeners (i.e. colace, surfak, docusate sodium): take one pill twice a day until you no longer have any discomfort with bowel movements.

DIET

- A regular diet is recommended, with lots of fruit and vegetables.
- Make sure to stay hydrated with drinking 6-8 glasses of water a day.

ACTIVITY

- Walking is encouraged.
- Activities that cause discomfort, such as climbing stairs or car riding, may be done in moderation.
- For 1 week: avoid strenuous exercise and do not lift anything over 10 pounds

WOUND CARE

- Sitz baths, comfortably warm, should be taken at least 3 times per day. Especially after bowel movements, which helps keep the area clean and is soothing. Start these the day after surgery. The soaks should last no longer than 20 minutes. Do not use soap as it can irritate the skin.
- Avoid using dry toilet paper. After movements, you can clean yourself with wet toilet paper, cotton, or Tuck Pads, or if possible, take a bath or shower with water directed at your wound.
- If you have drainage, use a cotton ball or gauze on the anus to absorb any discharge.

SPECIAL CONSIDERATIONS

- Bowel movements after anal surgery are usually associated with some discomfort. This will improve as healing progresses. You should have a bowel movement at least every other day. If two days pass without a bowel movement, take a dose of Milk of Magnesia or Miralax. If there is no result by 6hrs, this can be repeated. If there is still no response, you may give yourself a gentle tap water enema. Supplies are available over the counter.
- DO NOT STRAIN! Call the office if, after following the instructions above, you have not had a bowel movement in 48hrs AND you're getting uncomfortable. If you're not uncomfortable, continue to follow the instructions and call the office if you become uncomfortable or have not moved your bowels after another 48hrs (4 days total).
- Some bloody discharge, especially after bowel movements, can be expected. If there is prolonged or profuse bleeding (more than 1 cup) call the office.

FOLLOW UP APPOINTMENT

- Post-operative office visits are to ensure proper healing of your wounds. Please call the office as soon as you get home to make your first appointment for 3-4 weeks after your surgery, unless otherwise instructed.
- If you have any questions or concerns, please do not hesitate to call our office at any time.
- Keep in mind that prescription renewals will only be made during our regular office hours.