

# Post-Operative Instructions for Anal Surgery

## WOUND APPEARANCE AND CARE

- Hygiene: Avoid soap to anal opening. Take tub bath or sitz bath at least three times a day and more often as desired for discomfort. Use plain warm water no additives. Soak 15 – 20 minutes.
- Use a blow dryer or pat dry to keep incision dry.
- If there are sutures present they will dissolve away in approximately two weeks.
- Some drainage/discharge is common; use light pad to protect clothing.
- Light bleeding with stools can be normal for the first 2-3 weeks.
- On the day of surgery remove outer dressing after 6-8 hours and take a sitz bath that evening
- Gel foam packing, if placed, will come out on its own. It will look like skin or tissue.

## PAIN MANAGEMENT

- Use an over the counter stool softener (such as Miralax, or Colace). Take 1 twice a day as needed in addition to the fiber supplement.
- Non-narcotic analgesics should be used to reduce narcotic needs. Ibuprofen – 800mg every 8 hours or Tylenol 325mg every 4 hours are useful you may stagger them in between narcotic doses.
- Narcotic prescription will be given for pain.
- Generally ointments/creams are not needed but may be used if comforting. Avoid suppositories.
- Use Milk of Magnesia, 2 tablespoons, if no bowel movement within 2 days of surgery. If no results in 6 hours take 2 more tablespoons of Milk of Magnesia.
- Avoid straining to have a bowel movement.

## CALL IF YOU HAVE ANY OF THESE SYMPTOMS

- Profuse bleeding; repeated passage of large clots.
- Fever greater than 101 degrees orally or chills.
- Worsening pain not controlled by pain medicine.
- Inability to urinate or voiding frequent small amounts.
- If you are unable to urinate within 8 hours of surgery, go to the ER for placement of a foley catheter. Please notify your doctor for follow up care.
- Foul smelling or unusual discharge.
- Increased or persistent redness around incision.
- Persistent nausea and vomiting.

## ACTIVITY

- Resume to tolerance. Avoid heavy lifting for one week.
- No running, bicycling or other strenuous activities.

## DIET

- Drink at least six to eight, 8 oz glasses of fluids daily.
- Return to your normal diet as tolerated.
- Be sure to increase fiber in your daily diet (fruits, vegetables, whole grain breads, and cereals). This is important while taking pain pills as they can cause constipation.
- Take pain medication with food or milk to prevent upset stomach.
- Use fiber supplement daily (15 gm. of fiber daily) i.e.; Metamucil, Citracel, Benefiber etc.

## ADDITIONAL INSTRUCTIONS

- Call 615.342.5740 the day of your surgery to schedule a follow up appointment with your Physician.
- If you are unable to contact your physician for problems, you may call Centennial Medical Center Emergency Room  
24 hours a day at 615.342.1500.

