



Anorectal Surgery Post-Op Instructions

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WOUND CARE

- **Sitz bath** with warm water four times a day, especially after bowel movements. This contributes to maintaining hygiene and aids in reducing muscle spasm
- Stool softeners (**colace** or **metamucil**) twice a day to make sure you have regular, soft bowel movements
- If constipation does occur you may take three tablespoons of **milk of magnesia**, or another gentle laxative to keep things working. (Constipation is a particular side effect of pain medication).
- Expect some minor bleeding or drainage for at least three to four weeks. This is normal. You may also experience some incontinence to gas or stool. This too is temporary and will improve with time.

PAIN

- Pain and discomfort usually subside progressively with each day after your surgery, however there will be some episodes of discomfort which may require the use of narcotic pain medication in order to be controlled. Use these pain pills as needed; don't wait too long to take them.
- Ibuprofen, two or three tablets three times a day (up to 9 tablets a day), can be helpful to reduce pain and swelling. You may take the narcotic pain pills in addition to these.
- Anusol ointment, Preparation H, and medicated wipes as needed may also help alleviate any discomfort.

ADDITIONAL CARE

- You may feel some of the stitches a bit on the external anal area. They will eventually dissolve.
- You can resume driving when it is comfortable to do so, and when no longer taking narcotic medication
- You may resume sexual activity whenever pain and soreness subside.
- Minimize lifting and strenuous activity for three to four weeks.
- Your return date for work will be discussed at the post-op appointment.
- Please call the office (818) 789-1111 to schedule a post-op appointment about one week after surgery.

CALL THE OFFICE IMMEDIATELY:

- If you have continuous bleeding with clots
- If you develop a temperature higher than 100.5° F.
- If you have any questions.