

Anorectal Procedures: Instructions

Following Surgery

***If you have heavy bleeding or fever above 101°F call the office as soon as possible
(314-434-1211) to speak with our clinical staff.**

WHAT TO EXPECT

- **Pain** - Everyone's pain tolerance is different. This is a painful operation and almost all patients suffer from a significant amount of pain. Use your pain medications liberally for the first few weeks. The amount of pain should begin to diminish in 10 to 14 days. It is possible for patients to have minimal pain until three to four weeks out.
- **Bleeding** - Some degree of bleeding after hemorrhoid surgery is to be expected. Patients often note some bloody/mucous drainage in their underwear. It is a good idea to wear a small gauze pad to prevent the soiling of your underwear. It is also common to have some blood after a bowel movement, especially for the first few weeks. There may even be some blood dripping in the bowl for a short time after a bowel movement. This can be entirely normal. However, if there is significant bleeding (= **soaking 2 feminine pads**), and it does not stop, this needs to be reported immediately as it should not be considered normal.
- **Bowel Movements** - It is not unusual to go a day or two without having a bowel movement after this surgery. However, it is not acceptable to go more than a few days without a bowel movement. Stay on your fiber supplement (Citrucel, Metamucil, Benefiber), stool softer (Colace), and MiraLax as directed. If you do not have a bowel movement by the third postoperative day, take one ounce (2 *tablespoons*) of Milk of Magnesia and repeat in 12 hours if your bowels still haven't moved. If you go another day without a bowel movement, take two Dulcolax pills. If the above two measures do not produce results, taking a whole 10-oz bottle of Magnesium Citrate should work to get your bowels moving. Any of these can be bought over-the-counter at your pharmacy.

INSTRUCTIONS

- Warm sitz baths should help with the pain after your procedure.
 - *See separate instruction sheet. Sheet can also be found on our website*
 - The taking of regular sitz baths are highly recommended because the warm water helps soothe and relax the anal sphincter, which helps lessen any pressure, while also reducing any itching sensations. It will also keep the anal area clean.

- Start sitz bath the day after surgery unless you have a bowel movement the day of surgery, in that case – remove the dressing and perform sitz bath to clean the area.
- Some patients also find application of an ice pack to be helpful. Do this only for brief periods of time (10 to 15 minutes) three to four times daily for the first few days after the surgery.
- You may take a shower the next day.

MEDICATIONS

- You will be sent home on pain medicine. The pain medication can be very constipating. To counteract constipation, please see the recommended steps above under “Bowel Movements”. If this is not effective in **3-4 days**, please call our office.
- If you feel that the pain medication is too strong, you may take Acetaminophen (*Tylenol*) or other over the counter pain medication that has been approved by your Primary Care Provider. Do **NOT** take in conjunction with your prescription pain medication.
- Avoid any blood thinner and/or NSAIDs (*Ibuprofen, Naproxen, Aspirin*) for 7 days after surgery.

RESTRICTIONS

- You should avoid heavy lifting, **over 10 pounds**, for 10 days after surgery.

FOLLOW UP

- Call the office for a “**post-op**” visit 1-2 weeks after your surgery.
- If you have increasing redness around the incision, drainage, or fever above 101°F call the office.
 - Your incision site(s) *may* drain.
 - Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool (*other than recommended sitz bath*)
 - Clear to light pink/red drainage is normal a few days after surgery. You may apply a gauze dressing to stop any drainage from soiling clothing.

The office is open for phone calls from 8-5 pm Monday-Thursday, Friday 8-4 pm. For after hours, call the Medical Exchange @ 314-364-5262 to speak to the surgeon on call.