

Please read **prior to surgery** &
refer to this sheet **after surgery**. You will receive
information at discharge, but it will **not** be this detailed.

Post-Op Instructions Following Anorectal Procedures

***If you have heavy bleeding or fever above 101°F call the office (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.
- **Bleeding** - Some degree of bleeding after anorectal 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.
- **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.
 - **Sitz baths should be done for 10 minutes, 3 times a day.** See back page for instructions
 - 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.
- Do **NOT** soak healing incision site(s) – i.e. a bath, hot tub, swimming pool (*other than recommended sitz bath*)

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.
 - 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.

SITZ BATH INSTRUCTIONS

HOW TO PERFORM

- **Bath Tub** - If you're taking a sitz bath in the bathtub, make sure that the bath tub is clean.
 - Fill the tub with 3 to 4 inches of water. The water should be warm, but not too hot.
 - Sit inside the tub and soak your perineum for 15 to 20 minutes.
 - After getting out of the bathtub, gently pat yourself dry with a clean cotton towel. Don't rub or scrub the perineum, as this may cause pain and irritation. Replace the dressing as needed.
- **Plastic Kit** - A plastic sitz bath kit fits over the toilet. The basin can be filled with warm water and is available in most big-box stores and pharmacies. Rinse the bath kit with clean water before using it. Then, add warm (but not hot) water.
 - Place the sitz bath into the open toilet. Test it by trying to move it side-to-side to ensure it will stay in place and won't shift. You can pour warm water in before you sit down, or you can use the plastic bag and tubing to fill the tub with water after you've sat down. The water should be deep enough so that it covers your perineum. Soak for 15 to 20 minutes.
 - If you used the plastic bag, you can add warm water as the original water cools. Most sitz baths have a vent that prevents water from overflowing. The water conveniently overflows into the toilet and can be flushed.
 - When you're finished, stand up and pat the area dry with a clean cotton towel. Avoid rubbing or scrubbing.
 - Give the basin a proper cleaning after every use.
 - * **IMPORTANT ADVICE:** Make sure you measure your toilet seat size before buying the item, to get the right fit. If you have a standard oval or round shaped toilet you should be able to make it fit.

MEDICATIONS

- There is no absolute requirement to add anything to the water, and there is no real evidence to suggest putting in a specific ingredient (or combination of ingredients) will make your sitz bath hemorrhoid treatment more effective.

Thank you for choosing



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