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## DISCHARGE INSTRUCTIONS AFTER ANORECTAL SURGERY

### WHAT TO EXPECT AFTER ANORECTAL SURGERY

- You may pass blood with bowel movements which is normal
- Passing large blood clots or enough blood to fill a coffee cup should prompt a phone call
- You may have rectal discharge/drainage/itching or pain for a few weeks
- You may have irregularity to your usual bowel habits

**DIET AND BOWEL HABITS:** Eat your usual diet with plenty of fruits and vegetables and bran cereal. Avoid spicy food. Drink about 2 quarts of water daily. We strongly recommend a fiber supplement like Citrucel or Metamucil taken once or twice daily. You preferably should have a soft, yet formed bowel movement (BM) daily without straining. Your doctor may recommend for you to also take a stool lubricant like Colace or mineral oil. If you have not had a BM in 24-48 hours, you may take Milk of Magnesia, 1-2 tablespoons every 6-8 hours until you have one. If you are having liquid BM's, then stop the stool lubricant.

**CARE OF ANUS AND SURROUNDING SKIN:** Following a BM, you may gently wash with a moist Kleenex, or use a squirt bottle (i.e. used shampoo bottle, spray bottle) with warm water to clean the area. Afterward, use a warm bath/Sitz bath for 5-15 minutes to continue cleaning and soothe the area. A warm shower will also work, but sometimes tub baths help more. No special additives to the water are needed. Try to do three Sitz baths a day especially for the first week or two, then less as you feel better. Dry thoroughly by patting or using a blow dryer on a warm setting. Feel free to use cotton or gauze between your buttocks to absorb drainage. "Donut" cushions are not recommended; use a soft pad or pillow to sit on.

**PAIN MEDICATION:** If you need refills that are not included with your original prescription, please call the office during office hours (M-F 9am to 5pm) to request a refill. Refills will not be given on weekends/nights by the on-call physician. Allow 24-48 hrs for a refill.

**ACTIVITY:** This is determined by your comfort level. Driving should wait until at least 48 hours after surgery and no narcotics within 4 hours of driving. Sexual activity is permitted if it does not cause discomfort. This may be in a few days to a few weeks. Each patient and each procedure is different.

**URINARY ISSUES:** It is very common to experience some difficulty emptying your bladder for the first few days. Warm baths, more activity, and less pain medicine are helpful. If you cannot empty your bladder at all and it is getting increasingly painful, go to your nearest ER, because you may need to be catheterized.

**FOLLOW-UP:** Please call the office at 503-216-5380 to schedule a follow-up visit. You should be seen in 3-6 weeks depending on what your physician instructs. However, if you are experiencing increasing pain, especially if it is accompanied by fever (>101.5° F), call to be seen sooner.

If you have a medical problem that requires more immediate medical attention, please present to the Emergency Department at St. Vincent Medical Center.