

DISCHARGE INSTRUCTIONS AFTER ANORECTAL SURGERY

WHAT TO EXPECT AFTER ANORECTAL SURGERY

- You may pass blood with bowel movements which is normal.
- Call if you pass larger than a “half dollar” sized blood clot or enough blood to fill a coffee cup.
- You may have rectal discharge/drainage/itching or pain for up to 8 weeks after surgery.

DIET AND BOWEL HABITS

- Eat your usual diet with plenty of fruits, vegetables, and bran cereal.
- Avoid spicy food. Drink a minimum of 2 quarts of water daily.
- We strongly recommend a fiber supplement; such as, Citrucel or Metamucil taken once or twice daily.
- Preferably you should have a soft, yet formed bowel movement (BM) daily without straining.
- Your doctor may also recommend taking a stool softener; such as, Colace or mineral oil.
- If you have not had a BM within 48 hours, you can take Milk of Magnesia, 1-2 tablespoons every 6-8 hours until you have one.
- If you are having liquid BM's, stop the stool softener.

CARE OF ANUS AND SURROUNDING SKIN

- Following a BM, you may gently wash with a moist Kleenex, squirt bottle (i.e. used shampoo bottle), or a 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, however sometimes tub baths help more. No special additives, to the water, are needed.
- Try to do 3 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 instead.

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 3 business days for a refill.** Due to Federal law, scheduled pain prescriptions cannot be called in, faxed or electronically prescribed. The majority of post-op pain medications our physicians prescribe fall under this rule.
- **Plan on having a friend or family member pick up your prescription from our St. Vincent office.**

ACTIVITY

- This is determined by your comfort level.
- Driving should wait until at least 48 hours after surgery. Do not drive within 4 hours of taking pain medications.
- Sexual activity is permitted if it does not cause discomfort. This could be 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 APPOINTMENTS

- Appointments are usually 3-6 weeks after your discharge.
- Please call the office at 971-257-9884 to arrange your postoperative appointment.
- If you are experiencing increasing pain, especially if it is accompanied by fever (>100.6° F), call to be seen sooner.

If you are experiencing a medical emergency, call 911 or go to the emergency room.