

## **INSTRUCTIONS AFTER INCISION AND DRAINAGE OF AN ABSCESS**

An abscess around the anus develops because of an infection in glands within the anal canal. Although this infection usually does not become serious, occasionally it may reach the deeper tissues surrounding the anus. This results in the formation of painful collection of fluid and pus. An incision and drainage of the infected fluid can relieve this pain.

There is a 50-50 chance that your abscess is the result of an underlying fistula. A fistula is a tunnel beneath the skin which starts at the gland which caused the infection and runs to an opening outside of the anus. This causes persistent drainage. A fistula may result in the development of further abscesses in the future. It usually requires surgery.

**Please note and follow these instructions for the care of your wound following drainage of your abscess.**

1. A dressing has been placed over the wound. This should be left in place until your bowels move or until directed to be removed by your physician; usually the next morning following your drainage. The dressing should be soaked off while sitting in a tub of very warm water. Gently, but quickly remove the packing by pulling on the end.
2. Continue to take tub baths (sitz baths) with warm water 2-3 times a day for 10-15 minutes and massage around the incision and abscess site for the next week.
3. Avoid strenuous activity for the next eight hours in order to prevent excess bleeding.
4. Your wound may continue to drain a large amount over the next several days as the infection slowly heals. You may apply gauze dressing to the wound to protect your clothing. You may also use a sanitary pad or liner for further protection of your clothing. You may notice bloody discharge for the next four to seven days.
5. It is important to keep your stool soft and moving daily. You may use a fiber laxative such as Metamucil, Citrucel, or Benefiber. If necessary, a tablespoon of Milk of Magnesia may be taken at bedtime.
6. **You should notice a significant reduction in your pain within 48 hours.** If your pain does not improve, worsens, or you develop a fever, seek medical attention immediately by calling our office at **971-254-9884** or visiting the nearest emergency department.
7. Schedule a follow-up visit as directed by your physician.

If you have questions, please call the office at 971-254-9884. If you have a medical problem that requires more immediate medical attention, please go to the nearest emergency department.