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POST-OPERATIVE ANORECTAL INSTRUCTIONS

- Drink 8-10 glasses of non-carbonated, non-caffeinated, non- alcoholic beverages per day.
- Eat a high fiber diet (fruits, vegetables, multigrain breads, and cereal) in addition to your normal diet.
- Mix 34gm (2 tablespoons) of Miralax in 16oz of juice or other liquid every day until instructed to stop.
- If you have not had a bowel movement by 3 days after your surgery, take 3oz (90ml) of Milk of Magnesia and drink 16oz of water after. If you do not have a bowel movement within 6-8 hours after this, you may repeat the above dose. If still no results after this, call our office.
- For the first 24-48 hours after surgery apply an ice pack to operative site for 30 min every 4 hours. This will help with inflammation and swelling.
- Starting the first day after surgery, soak operative site in warm-hot water baths for 20 minutes, 3-4 times a day and after bowel movements. This will help with pain
- Irrigate the operative site with warm water after bowel movements instead of wiping for at least the first week after surgery.
- **Do NOT** use a donut cushion to sit on after surgery
- **Do NOT** insert anything into the anus or rectum unless instructed to do so by the Doctor.
- **Do NOT** lift more than 15lbs or exercise for 2 weeks. Resume other activities after 3 days of rest. Your doctor will tell you when to return to work or school.
- **Anal Pain, bleeding, and mucous drainage is NORMAL after anorectal surgery.** This will subside with healing and eventually stop. Excessive bleeding (more than 1/4th cup) is not normal. If this occurs call our office.
- **Do NOT** take medications containing aspirin, Coumadin (warfarin), Plavix (Clopidogrel), or other blood thinners for 10 days unless instructed to do so by your Doctor.
- Sutures (stitches) used for your surgery will dissolved. If still there at first post-op appointment, will be trimmed by Doctor.
- **Call our office immediately** if you have excessive bleeding, fever >101, difficulty urinating, headaches, nausea/vomiting, unable to have bowel movement, or any other concerns.
- Call our office day after procedure to **make a post-operative appointment** in 7-10 days, if you do not already have one.