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## The Colorectal Institute

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### ANORECTAL SURGERY PATIENT INSTRUCTIONS

#### WOUND CARE

1. Apply an ice bag to the affected area (20 minutes on and 40 minutes off) each hour. This should be continued for the first 12 hours.
2. Begin 20 minute sitz baths in warm water in the morning. Repeat 3x/day. This may be continued for 5-7 days.
3. The gauze bandage may be removed the morning after the procedure. If an abscess was drained, remove the gauze packing from the wound in the morning after the sitz bath.
4. There may be some drainage from the wound and possibly some bright red blood. This is to be expected. If there is significant bleeding from the skin edges, apply pressure for 10 minutes with a wash cloth. If bleeding continues, call your surgeon.

#### PAIN MANAGEMENT

1. It is essential to begin the pain pill prescription within one hour after the procedure. Most of the pain is muscle spasm and the pain cycle must not be allowed to start.
2. The ice bag and sitz baths are important parts of the pain management.

#### BOWEL FUNCTIONS

1. It is essential to eat a high fiber diet and supplement that diet with one tablespoon of Metamucil POWDER two times per day. This will help prevent constipation.
2. If you do become constipated, take one tablespoon of milk of magnesia. If this is unsuccessful, you can administer one Fleets enema or drink a small bottle of Magnesium Citrate.
3. If you still have not had a bowel movement by 3 days after your surgery call the office.

#### ACTIVITY

1. Do not do any heavy lifting for 5-10 days after the surgery.
2. Normal activities may be resumed 1 day after surgery, if you feel able.