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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 to the first 12 hours.
2. You may begin 20 minute sitz baths in warm to hot 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 you had an abscess drained, remove the gauze packing from the wound in the morning after your sitz bath.
4. You may notice some drainage from your 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 washcloth. If it continues to bleed, call your surgeon.

PAIN MANAGEMENT

1. It is essential that you 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 FUNCTION

1. It is essential that you eat a high fiber diet and supplement that diet with one tablespoon of Metamucil POWDER two times per day. This will help prevent you from becoming constipated.
2. If you do become constipated, take one tablespoon of milk of magnesia at bedtime. 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. You may resume your normal daily activities tomorrow, if you feel able.

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