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POSTOPERATIVE CARE AFTER ANAL FISTULA PLUG PROCEDURE

PATIENT INSTRUCTIONS

For a detailed description of the plug, go to www.cooksurgical.com and click on “AFP”.

The Anal Fistula Plug (AFP) is a biological “plug” which closes the fistula tract by ingrowth of blood vessels, which remodel the plug into native tissue. Closure rates are good, but it is important to take some sensible precautions after the procedure to avoid dislodging the plug. The following are a list of instructions which you should follow.

THE MOST IMPORTANT THING TO REMEMBER IS TO AVOID ANY STRENUOUS ACTIVITY FOR AT LEAST 2 WEEKS AFTER THE SURGERY: THE PLUG IS STITCHED INTO THE FISTULA TRACT AND MAY BECOME DISLODGED IF YOU PERFORM ANY HEAVY LIFTING, STRAINING, OR BECOME CONSTIPATED.

Day before surgery

Take clear liquids the day before surgery. Take the bowel prep as instructed

Do not eat or drink anything after midnight.

After surgery

1. Avoid any lifting or strenuous activity for 2 weeks. This will prevent the plug from being dislodged from the fistula tract.
2. Stay on a clear liquid diet for 2 days followed by a full liquid diet for 2 more days (includes milk, cream soups, cream of wheat, pudding, etc). This will avoid a bowel movement for a day or so and will prevent the plug from being dislodged.
3. Bathe the perineum with water, using a flexible shower head or a Sitz bath 2 to 3 times a day. This soothes the surgical site and keeps the area clean.
4. Take a fiber supplement after 2 days, so the bowel movements are soft. Preventing a hard stool will prevent the plug from dislodging.
5. Apply topical metronidazole (10%) that was prescribed. This helps prevent infection in the area and helps diminish swelling.
6. Call your doctor if you develop significant pain or swelling at the surgical site, or if you develop fever or chills.
7. Make a follow-up appointment to be seen 2 weeks after the surgery.

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