**Postoperative Instructions:** **Anorectal Surgery**

       Avoid strenuous activity and straining for 3 days to avoid excessive bleeding.  A small amount of blood, mucous or odor with bowel movements is to be anticipated.

       Do not drive for 24 hours after surgery.  Do not drive if you require narcotic pain medications.

       Anticipate pain, bruising and muscle soreness after surgery, especially for the first 3 to 7 days.  This will gradually improve.  You will receive a prescription for an anti-inflammatory medication (toradol or ketorolac) and a narcotic pain medication (hydrocodone or oxycodone).  Take the anti-inflammatory medication as instructed until it is gone.  Once this prescription runs out you may take Ibuprofen (Advil) 600-800mg every 6 hours.  Do not take different anti-inflammatory medications at the same time.  You may take your narcotic pain medication with the anti-inflammatory medication. Review all medications with your pharmacist.  Notify your surgeon if you have known sensitivities or allergies to these medications.

       Sitz baths, warm showers or baths can help relax the muscles and ease pain.  Avoid excessively hot water, and limit soaking to 15 minutes.  Desitin cream applied to the skin may help soothe irritation.  Do not use any enemas or suppositories unless instructed by the surgeon.  An antibiotic cream or pills may be prescribed in some circumstances.  This can help control inflammation.

       If you have a dressing, remove it the next day.

         Take a fiber supplement daily (Metamucil, Benefiber).  Colace will help avoid constipation from pain medications, but should not be taken if you experience diarrhea.   Drink 8 to 10 glasses of water daily unless you are on fluid restriction for other medical reasons.  You may resume a normal diet unless otherwise instructed, but avoid foods that may cause constipation or diarrhea.  Do not avoid your bowel movement as constipation can be very difficult to resolve.  NO ENEMAS, SUPPOSITORIES OR MINERAL OIL are to be used.  If you have not had a bowel movement in 2 or 3 days, take Milk of Magnesia (over the counter) two (2) Tablespoons up to every 6 hours until you have results.  Avoid diarrhea which can cause irritation and slow the healing process.

       If you have difficulty urinating the first night of surgery, try a warm shower or bath to relax the muscles.  Call the office with any persistent difficulty, pain or frequency of urination.

       Weakness and low grade fevers are common after anesthesia, but should improve within 1-2 days.

       Infection is rare, but possible.  Any pain that increases after the first 3 days, fevers over 101º, excessive redness or drainage could be a sign of infection.  Call the office if you are concerned.

**Call the office if you have any concerns at 436-0259.**

  Call to arrange a follow up appointment   \_\_\_\_\_  days  / weeks after surgery.