

ANORECTAL SURGERY
(Hemorrhoidectomy, Peri-Rectal Abscess, Rectal Fissure, Anal Dilatation)
Foris Surgical Group, LLP

GENERAL

CONSIDERATIONS: You may see some bleeding or drainage from the wounds or with bowel movements (this is normal).

You may apply an ice pack over the dressing the day of surgery. Use intermittently 30 minutes on and then 30 minutes off in an effort to reduce pain and swelling.

DIET: Diet as desired, unless otherwise instructed.

Increase fluids, fruits, and fiber in the diet to help prevent constipation.

ACTIVITIES: You may be out of bed as desired. You may use the stairs.

No heavy lifting or strenuous exercise for 2 weeks.

You may drive when you are no longer taking narcotics for pain.

WOUND CARE: Sit in a warm tub of water or Sitz bath for approximately 30 minutes, at least 3 times a day, especially after a bowel movement. Start baths the evening of surgery, and apply the prescribed cream after baths.

Clean anal area after each bowel movement. You may use a moistened cloth or Non-Alcohol Baby Wipes. Gently wipe area clean.

You do not need to wear a bandage; however, a thin gauze pad or feminine pad (such as Panty liners) can be worn to help prevent soiling of your clothes.

MEDICATIONS: Take your pain medication as prescribed. Avoid taking pain medicine on an empty stomach.

Begin taking oral pain medication when you get home after surgery, unless oral medication was given in the recovery room.

Fiber Supplements such as Konsyl, Metamucil, or Benefiber should be taken two times a day while the wound(s) are healing.

Take Milk of Magnesia 1 tablespoon daily for the first seven days post-operatively.

If you have not had a bowel movement within 48 hours after discharge, take 2 Docolax tabs.

**CALL YOUR
DOCTOR IF:**

You have worsening of pain or severe bleeding.

FOLLOW UP:

Call the office after you get home to schedule a checkup in 6 weeks or as instructed by your surgeon.

Finally, if you have any questions or concerns regarding your surgery or recuperation please **DO NOT HESITATE** to call our office --we are here to help in any way we can.

Foris Surgical Group, LLP
74 Thomas Johnson Drive
Frederick, MD 21702
(301)-694-3200