

DISCHARGE INSTRUCTIONS FOR ANO-RECTAL SURGERY

DIET

Resume your normal diet but add some roughage. You are encouraged to take a high fiber diet. Use bran, brown bread, vegetables, beans and fruits to add fiber to your diet. Avoid hot spicy foods, beer, wine, carbonated drinks, coffee or tea as these may cause irritation of the anus.

SITZ BATH

Take Sitz bath (sit in a Luke-warm water bath) for 10-15 minutes 3 times a day and after every bowel movement, starting tonight. One may use the bathtub as a Sitz bath or buy one from pharmacy.

BOWEL MOVEMENTS

Take 2 Dulcolax tablets at bedtime, the night you are home from surgery. If you have no bowel movement by the next day, you may use 2 to 4 tablets before bedtime until you do have one.

Once you are having regular bowel movements stop using Dulcolax. Avoid constipation. Prune juice also helps.

Make only normal efforts to pass a stool, do not strain. Do not push. You may feel false urges to defecate- the Sitz bath may be helpful if you have these sensations.

PERSONAL HYGEINE

You may use toilet tissue as soon as comfort allows. Baby wipes are a softer alternative. Using just plain luke-warm water for cleaning is even better and more comfortable. Gently clean the wound with your fingers as you pour water over the area. After cleaning, tuck in a piece of 4 x 4 gauze over the area.

MEDICATIONS

1) Use Konsyl, Citrucell or Metamucil for 6 weeks and drink plenty of water. One to two teaspoon full 2-3 times day is sufficient. If you judge the stools to be too loose, or get more than 2 movements per day, cut back on the dose or stop it completely.

3) Pain pills (1 or 2) may be taken every four to six hours. It is a good idea to take these pills round the clock for the first few days after surgery and not wait till the pain gets unbearable. These pills have a tendency to cause dizziness, drowsiness and nausea. Do not drive a car or consume alcoholic beverages with these pills.

4) You may apply Anusol ointment, Preparation H or Tucks pads to operation site for comfort.

GENERAL INSTRUCTIONS

- You have stitches that dissolve. In order for the stitches to dissolve, the tissues about the anus will create an inflammatory reaction and therefore do not be alarmed by some soreness, swelling, bleeding, discharge or false urges to defecate.
- Some Bleeding is possible up to several weeks after surgery.
- Tissue around the anus may be swollen. These are not hemorrhoids but simply a response to stitches.
- Strenuous exercise, pushing, straining or heavy lifting is to be avoided for at least 4 weeks. One can drive when comfortable but prolonged driving is to be avoided.
- You will be seen in office one week after surgery. Call the office for an earlier appointment if you have excessive pain or fever.