

Anorectal Surgery Postop Instructions

As you know, you just had surgery on a very sensitive part of the body. Fortunately, the anorectal area has a tremendous ability to heal itself (with a surprisingly low rate of infections). Here are some tips to help the healing process and to diminish the discomfort.

1. You can always call me, if you have any questions or problems. If I'm not available, someone will be on call.
2. You may have an absorbable gauze in your rectum, you should remove this gently in a sitz bath the morning after surgery
3. Take the following pain medications in this order (it is ok to take these medications simultaneously as they do not interact with each other)
 - A. Tylenol (over the counter) as needed up to 4 grams total per day is a very safe and effective medication, keep in mind Norco has Tylenol in it as well
 - B. Ketorolac (Toradol) 10 mg three times per day for 5 days, if there is significant bleeding or you have a history of stomach or kidney problems you should not take this medication, it is ok to take ibuprofen 600 mg three times per day after the course of Toradol is complete
 - C. Gabapentin 300 mg in the morning and at night, this medication can make you sleepy. You can take this medication for up to two weeks if it helps you
 - D. Narcotic medication such as Hydrocodone/APAP (Norco) or Oxycodone AS NEEDED. Try to limit these as they cause constipation. If you need to take these, please also take a laxative such as Miralax
4. Your bowel movements may be uncomfortable, BUT this will improve rapidly. Sit in warm bath (Sitz bath) at least 3 times per day for 15 – 20 minutes, and after each bowel movement You do not need to use epsom salt.
5. Take a fiber-supplement such as Metamucil (psyllium husk), Citrucel, or Benefiber, one to two tablespoons twice daily with two large glasses of juice or water.
6. EXPECT some bleeding with your bowel movements for at least 2-3 weeks. If the bleeding is more than one cup at a time OR if it does not seem to be slowing down, call me right away.
7. Wear a "pantyliner" or some gauze outside the rectum to collect any seepage/oozing.
8. If you have not moved your bowels by the end of the second day after surgery, take one to two packets of miralax and repeat every 8 hours until you have gone.
9. Do not use dry toilet paper to cleanse yourself. Apply lotions such as Vaseline to the paper first. The best method of cleansing is to sit in a tub or shower. Do not use medicated pads such as Tucks or Baby Wipes which contain witch hazel.
10. If you have trouble urinating, take the pain medications, sit in a hot bathtub, and relax. Try to urinate in the bath or shower, if you are having difficulty. If you are unable to void, please go to the emergency room.
11. You should resume a normal diet. Try to emphasize the high fiber foods. Drink plenty of fluids (6-8 glasses of juice or water per day).
12. Do not do any strenuous exercises or bicycle riding until you feel well.