

**COLON & RECTAL SURGICAL ASSOCIATES  
OF BIRMINGHAM, P.C.  
3400 Independence Drive  
Homewood, AL 35209  
PHONE: (205) 933-1199  
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**POST-OPERATIVE ANORECTAL INSTRUCTIONS**

- Drink 8-10 glasses of non-carbonated, non-caffeine containing, non-alcoholic beverages per day.
- Eat a high fiber diet (fruit, vegetables, multigrain breads, and cereals) in addition to your normal diet.
- Mix 34grams (2 tablespoonfuls) of Miralax in 16 ounces of juice or other liquid every day until your doctor instructs you to stop.
- If you have not had a bowel movement by 3 days after your surgery, take 3 ounces (90 ml) of Milk of Magnesia and drink 16 ounces of water after. If you do not have a bowel movement within 6-8 hours after this you may repeat the above dose. If still no results call your doctor's office.
- For the first 24-48 hours after surgery, apply an ice pack to the operative site for 30 minutes every 4 hours. Separate the skin and ice pack with a cloth.
- Starting the first day after surgery, soak operative site in warm-hot water baths for 20 minutes, 3-4 times a day and after bowel movements.
- Irrigate the operative site with warm water after bowel movements instead of wiping for at least the first week after surgery.
- Do not use a doughnut cushion to sit on after surgery.
- Do not insert anything into the anus or rectum unless instructed to by your doctor.
- Do not lift >15 pounds or exercise for 2 weeks. Resume other activities after 3 days of rest. Your doctor will tell you when to return to work or school.
- **Anal pain, bleeding and mucous drainage is NORMAL after anorectal surgery.** This will subside with healing and eventually stop. **Excessive bleeding (>1/4 cup) is not normal.** If this occurs call your doctor's office.
- Do not take medications containing aspirin, coumadin (warfarin) or Plavix (Clopidogrel), or other blood thinners for 10 days unless instructed to do so by your doctor.
- Sutures (stitches) used for your surgery will dissolve.
- **Call your doctor (205)-933-1199 for excessive bleeding, fever >101, difficulty urinating, constipation, head aches, nausea/vomiting or any other questions or concerns.**
- Call your doctor's office (205) 933-1199 to make a post-operative appointment in 7-10 days.

Brian Guffin, M.D. Timothy Murray, M.D. Steven Scarcliff, M.D.