

Main Office:

Scottsdale Vein & Proctology Center
8752 E Via De Commercio #2
Scottsdale, Arizona 85258
Office: (602) 492-9919 | Mobile: (602) 920-1023

RICK A SHACKET
DO, MD(H)



Name: _____ DOB: _____ Date: _____

PRESCRIPTION

Exparel (Bupivacaine Liposome Injectable Suspension) C9290, 1 Unit, 266mg, 20ml

Dispense 1 Unit, Refill x 1

Sig: To be administered by a surgeon, IM for post-operative pudendal nerve block.

Rick A. Shacket, DO, MD(H), BS9262611
Diplomate American Osteopathic Board of Proctology

LOCATIONS

Scottsdale Vein Center 8752 E Via De Commercio, Suite 2, Scottsdale, Arizona 85258, 602.492.9919

Dr. Rick Shacket PLLC 3543 N. 7th Street, Phoenix AZ 85014, 602.492.9919

Rick Shacket, DO, MD(H) 610 N Gilbert Rd, Suite 309, Gilbert, AZ 85234-4627, 602.492.9919



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DISPENSE ONE OF THE FOLLOWING FOUR PRESCRIPTIONS:

1) First Choice:

ProCort (Hydrocortisone Acetate 1.85%, Pramoxine HCL 1.15% with rectal applicators)

- Fully insert applicator before using, and clean immediately afterwards.
- Use 3-4 times daily or as directed by your physician.
- **14 day supply (60 g Tubes), 11 Refills**

2) Second Choice:

Analpram HC Cream 2.5% 1 OZ Tube (Hydrocortisone Acetate 2.5%, Pramoxine HCL 1%)

- Dispense preferably with a rectal applicator
- Apply to affected area 3-4 times daily
- (Hydrocortisone Acetate 2.5%, Pramoxine HCL 1% Generic Available)
- **10 day supply (1 OZ Tubes), 11 Refills**
- May dispense 90 day supply: At patient's option, dispense up to nine 1-oz tubes

3) Third Choice:

Generic 2.5% Hydrocortisone cream 1 oz.

- Dispense preferably with a rectal applicator
- Apply to affected area 3-4 times daily
- **10 day supply (1 OZ Tubes), 11 Refills**
- May dispense 90 day supply: At patient's option, dispense up to nine 1-oz tubes

4) Fourth Choice:

Hydrocortisone acetate 1% and pramoxine hydrochloride 1% aerosol foam

- Insert 1 applicatorful into the rectum and or apply with tissue around the anal area, 2 or 3 times daily and after each bowel evacuation.
- Dispense 4-canisters per month (i.e. 1- canisters per 7 days)
- **11 Refills** of 4-canisters. When used correctly, the aerosol container will deliver a minimum of 14 applications)

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FASTING GUIDELINES BEFORE OUTPATIENT SURGERY

Minimal Fasting Period and Clean-out Recommendations

Up to 8 HOURS before surgery

Normal Meal (Do not eat NOT mass quantities).

Up to 6 HOURS before surgery

Light Meal (conservative volumes – NOT mass quantities) to prevent hunger pains

Fat Free foods only. READ ALL NUTRITIONAL LABELS – If it contains fat don't eat it.

- Most fruits and vegetables have no fat in their purest forms. Coconuts and avocados are exceptions. It's usually the sauces, butter and other toppings you put on fruits and vegetables that increase the fat content. Most beans and legumes are fat-free when they are closest to their natural form. Canned beans often don't have added fats and are ready to eat.
- Because sugar does not contain fat, many candy products are fat-free.

Up to 3 HOURS before surgery

If you haven't evacuated your bowels in the past 24 hours: It is optional, but recommended to use 1 or 2 regular Fleets® enemas to force a bowel movement before surgery.

Up to 2 HOURS before surgery

Clear Liquids (conservative volumes – NOT mass quantities)

Soda, White Grape Juice and Other Fruit juices WITHOUT pulp.

Drink enough to prevent hunger pains, dehydration, or to **take medication**.

1 Second to 2 HOURS before surgery

Nothing to eat or drink.

POST-OPERATIVE INSTRUCTIONS

FOLLOWING OFFICE SURGERY

1. KEEP THE RECTAL AREA CLEAN AND DRY. After a bowel movement, clean your bottom with peri-anal cleansing pads (i.e. AloeClean®, Tucks® or **baby-wipes**), followed by blotting the area dry with white unscented toilet paper. Change your dressing after each bowel movement, or whenever soiling occurs.

Dressing: A piece of cotton (from a **cotton roll**) or non-sterile 4x4 gauze pads, placed between your buttocks and held with white paper tape, will help keep the area dry. A sanitary napkin worn inside your underwear can also help absorb excess drainage. Dressing the anal area does not effect healing, but will help to keep your underwear and bedding clean and dry.

2. REDUCE SWELLING. A sitz bath (warm water bath) several times a day will give you soothing relief. Ice the area for 10–15 min (an ice cube in a Ziploc bag works fine) at least 2 – 3 times a day for 2 to 5 days after surgery, to reduce swelling and aid in healing.

3. CALL OUR OFFICE TO MAKE AN APPOINTMENT. We definitely want to see you in approximately 100 days from the date of your operation. If you have any symptoms that are not improving, we would like to see you sooner.

4. TAKE YOUR MEDICINE AS PRESCRIBED.

Hydrocortisone/Proxamine: For swelling, inflammation, and itching of the anal tissue. Important: use hydrocortisone cream and or suppositories several times a day until you are healed. This will shorten your healing time by as much as 50%.

Hydromorphone/Oxycodone/Hydrocodone/Codeine: For pain. Do not drink or drive on this medication.

Casanthranol/Docusate/Senna/Magnesium hydroxide: To soften the stool and gently stimulate a bowel movement.

ANAL HYGIENE

Anal Hygiene: Proper Cleaning & Wiping Technique

Avoid rubbing with toilet paper or moist towelettes. This aggravates the hemorrhoids and irritates the skin.

Whenever possible, clean the area in a bath or a shower without using soap (soap is an irritant). Plain water or natural cleansing products are usually OK. Be sure to rinse the area well. Then gently dry the area by blotting it with a towel, or use a blow dryer set to light warm or cool.

Thick-quilted disposable **baby-wipes** can be a suitable substitute for toilet paper when bathing is impractical. Be sure to wipe slowly and gently and never scrub the area.

Anal Hygiene: Proper Way to Experience a Bowel Movement

Use the toilet whenever you feel the urge to have a bowel movement, even if it is several times throughout the day. Try to go as soon as you feel the urge to go; if you delay this urge by more than a few minutes, you might get a reflex constipation and lose the urge to go again for several hours.

Prolonged sitting or excessive straining while on the toilet, allows the hemorrhoidal venous cushions to expand unnecessarily, causing hemorrhoid disease to develop or worsen. Avoid excessive straining with any bowel movement. A gentle pressure or straining of the abdominal and pelvic muscles is OK, but not for more than 30-consecutive seconds. Limit your time on the toilet from 3-5 minutes for any one sitting; if you have not completed an entire bowel movement, that's OK; get off the toilet, walk around for a bit, and wait for the urge to have a bowel movement return. Don't read, watch TV, talk on the phone, or play video games while sitting on the toilet, or else you might extend your time sitting on the toilet by more than a few minutes.

Anti-Itch Suggestions

For relief from itching caused by hemorrhoids, fissures, and or pruritus ani. Lower the acid ph balance of your stools by avoiding: 1) soda beverages, 2) citrus fruits and juices, and 3) beer and wine; and by taking 4) **Align®** probiotic supplements one to two times a day. Avoid caffeinated products, especially coffee, because caffeine lowers anal sphincter pressure, promotes flatulence, and generally heightens anal skin sensitivity.

If anal itching continues, bathe the area with a mild astringent like Domeboro's® solution, or a dilute vinegar solution, before bedtime for 7-10 days.

If soiling with blood or other bodily fluids is a problem, blow-dry the area after bathing or blot it with a dry towel (no rubbing). Tear off a strip of cotton from a **cotton-roll** and place it between the buttocks for maximum dryness.

Over-the-counter: Baby-wipes, Cotton-roll, and Align® probiotics.