



Surgisis Biodesign®

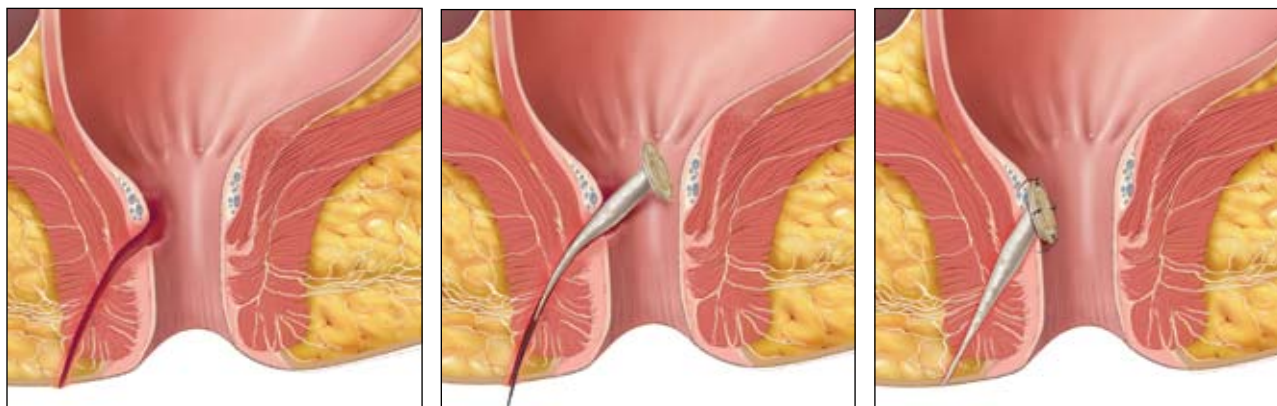
FISTULA PLUG

PATIENT GUIDE: ANAL FISTULA POSTPROCEDURE CARE

Date of Your Procedure: ____/____/____

Follow-up Appointment Date: ____/____/____ Time: _____

Your doctor has just completed your Surgisis Biodesign Fistula Plug procedure. The fistula plug will assist in the closure of the fistula tract. The images below show the anorectal area before, during and after your procedure. The fistula plug has a button attached to the end. The button will automatically detach from the plug after a few weeks. This is part of the natural progress of healing the fistula tract. The button will pass during a bowel movement or possibly during regular physical activity. Your doctor should confirm this during a follow-up visit. In some instances, your doctor may choose to remove the button.



Illustrations by Lisa Clark.

The following information outlines specific dietary and activity recommendations you will need to follow for the time period specified by your doctor. It is important for you to discuss these recommendations with your doctor and address any questions or concerns you may have.

Diet

- Liquids only for 48 hours. _____
- Begin high-fiber diet after 48 hours. _____
- Other _____

Stool Softeners

- Use stool softeners (type _____) for 14 days.
- Use the bathroom once a day. _____
- Other _____

Other Medication

- Take over-the-counter pain medicine as needed. _____
- Do not use topical steroids such as Preparation H®. _____
- Other _____

Preparation H is a registered trademark of Wyeth.



Activity

- No strenuous activity for two weeks. _____
- Lift nothing over 10 pounds for two weeks. _____
- No exercise beyond a gentle walk for two weeks. _____
- Abstain from sexual intercourse and other forms of vaginal/rectal insertion (i.e., tampons) for at least two weeks. _____
- Shower standing up and bathe the area with water to soothe and keep it clean. _____
- Other _____

Drainage

- Expect some drainage for two to four weeks. Drainage can continue for up to 12 weeks after the procedure as the fistula plug is incorporated and the fistula tract is closed. _____
- Other _____