

CENTRAL VALLEY COLON & RECTAL SURGICAL ASSOCIATES

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POST ANORECTAL SURGERY INSTRUCTION SHEET

Dear Patient:

You just underwent an anorectal procedure which, for the most part, is performed on an outpatient basis. As you recover from surgery at home, there are a few tips that may be of benefit to you. These are universal and apply to all anorectal surgery; therefore, specific instructions concerning your type of procedure should have been given to you at the time of leaving the hospital.

1. **BULK AGENTS**: The most important medication during post anorectal surgery is a bulk agent. This may be very similar to what you were taking prior to considering surgery and is really the most important thing as making your postoperative course as smooth as possible. The bulk agents include items like Knosyl, Metamucil, Citrucel or generic brands. These bulk agents should be taken one teaspoon in a glass of juice or water, in the morning at breakfast and the evening at dinner. Konsyl is a little bit different, in that you only take one teaspoon once a day. Be sure to drink six to eight glasses of water during the day. These agents will help keep your stool big and soft which is the most optimal stool for ease of function of the anorectal area. If you don't do anything else in your postoperative course, please take one of the bulk agents.
2. **DIET**: Unless instructed otherwise, your diet should be food that you regularly eat. Some food groups that will give more difficulty than others are hot and spicy foods, milk products, caffeine, carbonated drinks, fermented beverages, chocolate and greater than 1000 mg of vitamin C.
3. You should be sure to urinate within six to eight hours of your anorectal surgery. If you are unable to urinate please call the office, 440.0283.
4. **ACTIVITIES**: Activities should be restricted to things that are non-abusive to the anorectal area. In general, lifting anything greater than 10 pounds, riding in a straddled position or strenuous activity will cause difficulties. Mild to moderate walking should not give you trouble.
5. **SITZ BATHS**: Unless instructed otherwise, sitz baths for 10-20 minutes two to three times a day will be the most beneficial. Comfortably warm water alone is recommended. I do not recommend the use of Epsom salts, detergents, bubble baths or Betadine.
6. **MEDICATIONS**: Medications that you were taking prior to surgery should be continued on a regular basis, unless otherwise instructed. Pain medications, non-steroidal anti-inflammatory drugs and muscle relaxants may be prescribed for you, depending on the type of surgery you underwent. These medications should be taken as directed from your pharmacist.
7. **LAXATIVES**: If no bowel movements in 24 hours, my suggested laxatives are Milk of Magnesia 30 cc by mouth, twice a day or Dulcolax 1-2 tablets every morning as needed. I do not routinely recommend the use of an enema as this would seem to border on torture, in my estimation.
8. **FOLLOW-UP**: Your follow-up appointment in the office should be around three weeks. Please call 440.0283 to schedule this appointment. Routine hemorrhoid operations do not need to return any earlier than three weeks. Anorectal fistulas, abscesses and other anorectal procedures may require an office visit later the week of surgery, or the following week.
9. Please remember that you did undergo a significant operation to the anorectal area and it is for that reason that you are recovering and therefore are not capable of carrying on full activities. Be careful with yourself, but do push yourself to get up and move around. I expect questions do develop; these questions should be directed to the office, 440.0283. I do strive to make anorectal surgery as pleasant as possible in light of its embarrassing nature and significant amount of discomfort. This is inherent in operating in the very sensitive anorectal area.