



S U R G I C A L A S S O C I A T E S O F G A D S D E N

Post-operative instructions for **Anorectal Surgery**

Diet

1. It is ok to resume a regular diet with no restrictions as tolerated.

Activity

1. It is ok to climb stairs, walk to the mailbox, etc. as tolerated.
2. Do not drive until you are off narcotic pain medication and able to steer, press the brakes, etc. without pain.
3. Do not lift over 20 lbs. for six weeks from the surgery date.
4. It would be prudent to avoid sexual intercourse for 2-3 weeks.

Wound care

1. It is ok to shower the day after your operation.
2. Soak in a sitz bath 2-3 times daily and after bowel movements. This will help with pain and hygiene.

Medications

1. You will be given prescriptions for a stool softener (Colace) and a laxative (Dulcolax).
2. Please take daily fiber supplementation (Metamucil, etc.) in addition to the above.
3. You need to have a bowel movement by the second post-operative day and every 1-2 days thereafter. **DO NOT ALLOW YOURSELF TO BECOME CONSTIPATED.**
4. If you develop diarrhea, it is ok to discontinue the laxative or try taking it every other day. If the diarrhea persists it is ok to take the stool softener once a day or every other day. If diarrhea continues, it is ok to stop the stool softener.
5. If you are given an antibiotic prescription please take all the medicine as directed.

Follow-up

1. Follow-up in the office in 14 days for staple removal/post-op. This appointment should be in your black folder given to you in the office. If your appointment was after-hours and you did not receive a black folder, the office should call you with a post-op appointment; if they do not, please call us to schedule one.
2. Call the office for any of the following:
 - nausea or vomiting
 - fever > 101.5°
 - pain unrelieved with prescribed pain medication
 - constipation or diarrhea unrelieved with the above interventions
 - difficulty with urination

You must consult with your physician upon your post operative appointment regarding returning to work.

Please feel free to call for any questions or concerns!