

## WHAT TO DO FOLLOWING YOUR ANAL SURGERY

### DRESSING:

You may or may not have an outer dressing consisting of a large roll of gauze covered with tape. This can be removed several hours after surgery, especially if it causes discomfort. Additionally, you will have a packing in the rectum that will come out with the first bowel movement. Do not be alarmed when you see this packing. It sometimes looks like tissue.

### ACTIVITY:

Walking is encouraged in the post-op period. Not only is it good for the circulation, but it helps promote intestinal activity, which leads to bowel movement, which helps speed recovery. Strenuous activity, however, is discouraged.

### BATHING:

Take warm tub baths three (3) to five (5) times per day and following every bowel movement. This keeps the anal area clean and is soothing to you. If you are unable to get into the tub, a portable sitz pan is acceptable.

### HYGIENE:

Use **TUCKS** to clean the anal area following a bowel movement. Avoid soap to the anal area. **BALNEOL** may be used in place of soap, both in the shower and bath as well as after each bowel movement. There will be some drainage and possibly some bleeding in the post-op period. This is normal. If the bleeding is enough to cause you concern, call immediately.

### DIET:

You are encouraged to eat a high fiber diet (bran cereal, green vegetables, and fresh fruit). Also, a stool bulking agent such as **METAMUCIL**, **CITRUCIL**, **KONSYL**, etc. should be taken daily with water or juice. Force fluids. Additionally, take one (1) ounce (two tablespoons) of mineral oil every morning until the first bowel movement, then discontinue. Alcohol, pepper or spicy foods should be avoided for at least one week.

### MEDICINE:

You will be given one (1) or two (2) prescriptions for pain in the post-op period. Remember that the sitz bath will relieve the majority of your pain so use it frequently.

### NOTE:

If you are unable to void, try taking a warm sitz bath and voiding in the tub. If still unable to void, call the office, (850) 444-4777, extension 230. A follow-up appointment should be made for about two (2) weeks post-op. Certainly if you are having a problem or are concerned about something, do not hesitate to contact the office.