

## **Anorectal surgery: FAQ**

### **Anal Abscess and Fistula**

<https://fascrs.org/patients/diseases-and-conditions/a-z/abscess-and-fistula-expanded-information>

### **Anal Fissure**

<https://fascrs.org/patients/diseases-and-conditions/a-z/anal-fissure-expanded-information>

### **Anal Warts**

<https://fascrs.org/patients/diseases-and-conditions/a-z/anal-warts-and-anal-dysplasia-expanded-information>

### **Hemorrhoids**

<https://fascrs.org/patients/diseases-and-conditions/a-z/hemorrhoids-expanded-version>

*I have been diagnosed with one of the anorectal conditions above and my doctor has recommended surgery. How should I prepare for surgery?*

In the days before surgery, patients are recommended to eat well and get plenty of rest. Stop taking any medications that you were instructed to stop such as blood thinners, aspirin or Plavix.

On the day prior to surgery, you will receive a call from the hospital to confirm the time and the details of the planned procedure. Please be sure the hospital has the correct information. If you don't hear from the hospital call the office at 774-776-2991. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

*Is there any bowel preparation?*

You should perform a Fleet enema the morning of surgery. This will clean the rectum of stool. This can be purchased over the counter at any pharmacy. It is a small bottle of fluid that should be emptied into the rectum and held for 30 minutes. After that time you should have a bowel movement. Do this approximately one hour prior to leaving the house. If you have been diagnosed with an anal fissure, you should not do any prep. If your surgeon has recommended another prep follow those instructions.

*What should I expect on the day of surgery?*

On the day of your operation, you should take your morning medications unless you have been told otherwise. You should arrive to the hospital at your specified time. You will be brought to the pre op holding area. Your family members will be escorted to the waiting area where your surgeon will inform them of the details after your operation if you give us permission to do so. If your family members are not going to be in the waiting room you will be asked how to best reach them so they can be informed after surgery. You will be seen by a member of your anesthesia team, the operating room

staff, and your surgeon. You will be given the opportunity to have any of your last-minute questions answered. You will sign a consent form. Then, you will be brought into the operating room. The anesthesiologist will give you general anesthesia. From this point until the operation is completed you will be unaware of what is happening. Most operations take about ½ hour or less. When you are awakened you will be brought to the recovery room. We will allow you to recover from anesthesia and do our best to control any pain you might be having. Once recovered you be permitted to drink clear liquids and then your diet will be advanced to a regular diet. Once you meet the hospital criteria for discharge, you will be discharged home. You should have a responsible adult available to drive you home. You should be with a responsible for about 24 hours.

*What should I do when I get home?*

You will be provided with postoperative instructions when you leaves the hospital. Visit the following Link for these instructions:

[Link to Postop instructions]

*Call our office with any questions or concerns*

*Innovative Surgical Care  
774-776-2991*