

Postoperative instructions - Anorectal surgery:

Anorectal procedures such as incision and drainage of perianal/perirectal abscess with or without placement of drain, hemorrhoidectomy, any surgery for anal fistula or anal fissure, placement of seton drain, lateral internal sphincterotomy, or excision of perianal skin tags.

Immediately after surgery

- You may eat a light meal
- You should avoid alcohol for at least 24 hour
- You may not drive if you are taking narcotic pain medication
- You may have some bleeding or drainage for several days to weeks following surgery (many times in systems are intentionally left open).
- You may shower or bathe at any time (in fact, showering or bathing to clean after a bowel movement is recommended)

(If your surgery was placement of a fistula plug, you will be given special instructions regarding bathing)

Medications

- Take a fiber supplement (Benefiber, Metamucil, or equivalent as directed 2 times per day)
- Take Colace 100 mg 2 times per day until you see your surgeon for a follow up visit (you may use any stool softener with ducosate sodium as the active ingredient)
- Use of milk of Magnesia Miralax (or any other laxative) at the first sign of constipation
- Use pain medicine as prescribed. In addition to prescription pain medicine you may take Motrin Advil or ibuprofen up to 600 mg every 6 hours. A combination often provides better pain relief than either by themselves.

Postoperative Perianal care

- Dry gauze over feminine pad for minor bleeding or drainage
- Soak in a warm bath, for 10 minutes 2-3 times daily or more if desired *unless your operation was placement of a fistula plug* (soaking in warm tub or showering after a bowel movement can be helpful and more comfortable than wiping.)
- After a bowel movement, wiping with alcohol free, fragrance free baby wipes or a cloth moist with water is sometimes more comfortable than toilet tissue
- Use caution with towels and washcloths as they may become bloody after a shower or a bath

Restrictions

- There are no particular restrictions for your activity after anorectal surgery. *As a general rule of thumb, after anorectal surgery if you do something and it hurts don't do it ... if it doesn't hurt, then it is fine to do!*
- We recommend a high fiber diet but there are no particular dietary restrictions.
- You may return to work or drive as soon and you are not taking narcotic pain medication. *(These operations are often done on Friday and many patients go back to work on Monday)*

Constipation

Constipation is very common especially when taking narcotic pain medicine. It can be avoided by using fiber, stool softeners, adequate hydration, and laxatives at the first sign of constipation. In addition, the risk of constipation can be reduced by decreasing the amount of narcotics by using Motrin or Advil or Ibuprofen in combination with or instead of narcotics.

Urinary retention

Difficulty or inability to void is a common complication after anorectal surgery especially in males. If you have difficulty urinating be sure to drink plenty of fluids. If you still cannot void after 8 – 12 hours and/or you are having significant discomfort, call the office. You may be instructed to go the emergency department and have your bladder drained with a catheter. Often times this only need to be done one time but on occasion you will be sent home with the catheter and a bag to collect urine. This is almost always a temporary complication.

Infection

Surprisingly, infection after anorectal surgery is extremely uncommon. Signs of infection are worsening pain, persistent fever or chills or an overall ill feeling. Drainage from surgical wounds is common and does not always mean infection.

Call the office if:

- Bleeding worsens (changing gauze or feminine pad every hour or more because of soaking with blood)
- Worsening pain or increasing the amount of pain medication required
- Persistent Fever or chills
- Nausea or vomiting that does not to improve 12-24 hours after surgery

Call our office with any questions or concerns

*Innovative Surgical Care
774-776-2991*