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POST OPERATIVE INSTRUCTIONS
For Ano Rectal Surgery

1. **DIET**- Resume regular well balanced diet with high fiber 25-35 grams per day. **Add 15 grams of fiber to diet each day.** (4-5 doses of a fiber supplement – Metamucil, Citrucel, Benefiber, Fibersure or large serving of a high bran cereal).
2. **ACTIVITY**- Avoid heavy lifting or straining for 4 weeks from the time of surgery. Limit lifting to 8-10 lbs (gallon of milk). Walking as tolerated is OK. Driving may be resumed when not taking pain medications any longer and you can slam on the brakes hard to avoid an accident.
3. **WOUNDS and BATHING**- Warm water baths (“Sitz Bath”) 3-4 times per day and after bowel movements reduces the pain dramatically. Showering is also ok. Surgery is often quite painful for the first week, but should get better after the first week. Gauze dressing or feminine pads are useful to catch drainage and prevent soiling of underwear.
4. **BLEEDING** - Small amount of postoperative bleeding after ano-rectal surgery is very common. Large amount of bleeding are abnormal. Repeated passage of blood clots (golf ball size or larger) or continuous bleeding is of concern and the office should be called. Report to the Emergency Room if the office is closed.
5. **PAIN CONTROL**- Aspirin and ibuprofen type medications should be avoided for 2 weeks after surgery. Tylenol is ok to take, but should not be doubled up with pain pills since many already contain Tylenol. Stool softeners should be taken with pills to avoid constipation. Pain medication or ointment may be given at time of discharge, follow direction on the prescription.
5. **MEDICATIONS**- Resume normal outpatient medications after discharge. Contact the physician that prescribed the medications if there are questions about continuation of the medications.
6. **BOWEL/BLADDER**- Bowel and bladder function are often disturbed after ano-rectal surgery. Avoid straining; bowel movements will happen with time. Pain medications slow the bowel function; take a stool softener, Colace 100 mg 2-3x per day. A high fiber diet is **extremely** important for normal bowel function. Add supplemental fiber each day as above. Mild laxative before bed (Milk of Magnesia 30 cc) should be taken if no bowel movement has occurred during that day. Bladder function can also be disturbed after surgery, call if you are having trouble with urination in the first 1-2 days after surgery.
7. **FOLLOW UP**- Call the office for a time to come in for a post op check 2 weeks after surgery. A wound check needs to be done. Call for a time to come in **(760) 776-7600**.