



## Postoperative Instructions after Anal Surgery

- Call the office at (602) 995-0822 to make a postoperative appointment or for any questions.
- Eat light meals after your surgery, including comfort foods. Gradually resume a regular diet
- Keep the dressing placed at the time of surgery on for 4-6 hours after your operation. You may have small amounts of drainage for weeks after surgery; keep fluffed gauze in the anal cleft next to the anus and change as needed to keep dry, until the drainage stops.
- Swelling increases pain. Steps to minimize swelling:
  - Keep your anal region elevated and ice to the area as much as possible when resting during the first few days following surgery. This can be done by lying on your side and avoiding the “recliner chair” position.
  - Keep ice to the area over the first 72 hours. A frozen hot dog in a plastic bag or bags of frozen peas conform well to the shape of the area and make excellent “ice bags”. Do not eat these items after use.
- Bleeding may occur in amounts that mimic a woman’s mild to medium period for several days after surgery. If the bleeding is heavier or coming out with clots, head to the emergency room ASAP.
- Hot baths are soothing and may help decrease pain. Also, hot baths can also help with cleansing after bowel movement. Take the bath in hot water for ten minutes as needed.
- Anorectal surgery is generally very painful
  - Take Tylenol 2 extra-strength every 6 hours for three days; do not take Tylenol if your narcotic pain pills contain acetaminophen.
  - Take over-the-counter ibuprofen 600mg every 8 hrs. for three days; do not take ibuprofen if you have a history of kidney problems or ulcers.
  - Take gabapentin 300 mg three times per day if prescribed.
  - Apply the numbing cream such as lidocaine cream 5% or Reticare cream every 4 hours as needed for pain. These creams are available over the counter.
- Constipation increases your pain. Avoid constipation
  - Take Colace 100mg by mouth 2 times per day or MiraLAX 17 g daily until pain is improving.
  - If no BM by 3<sup>rd</sup> day, take Milk of Magnesia (MOM) 30cc by mouth and repeat every 6 hours until you have a BM. If you have kidney failure, do not take MOM.
  - If diarrhea, stop Colace or MiraLAX.
- You must urinate with 8 hrs. of surgery. If you are unable to urinate, call the office.



- Do not take aspirin, Vitamin E, Fish oil, Coumadin or other blood thinners for 2 weeks after surgery, unless otherwise advised.
- Do not drive or drink alcohol while taking narcotics.
- Do not leave the valley for 14 days after surgery.

Per office policy we do not fill narcotic prescriptions after hours or on holidays. The after-hours and on-call surgeon does not know your case and will not provide you with a narcotic prescription. Please call the office prior to noon the last day of the business week in order to get a refill prior to the weekend. Thank you for your understanding.