



Postoperative Instructions after RECTOCELE REPAIR OR EPISIOPROCTOTOMY

- Call the office at (602) 995-0822 to make a postoperative appointment or for 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 then remove the dressing
- Swelling increases pain. Steps to minimize swelling:
 - Keep your anal region elevated and ice to the area as much as possible during the first 72 hrs after the operation by lying on your side or stomach. Avoid 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.
- Some drainage onto the surgical dressing is normal. If you note an increase in the pain or pressure near the surgical site, call the office for a daytime appointment to be checked by the doctor.
- Do not take a bath or soak in water for at least a month after surgery. You may shower on your normal schedule
- Anorectal surgery is generally very painful
 - Take Percocet or the alternative narcotic every 4-6 hrs for pain
 - Take over-the-counter ibuprofen 600mg every 8 hrs for three days
 - Apply the numbing ointment, if supplied, to the surgical site every 4 hrs as needed for pain
- Constipation must be avoided
 - The day following surgery begin taking MINERAL OIL 1 ounce every day, and plan to continue this for at least 2-3 weeks
- After bowel movements or urination, pat away debris and then lightly rinse the incision with water from a shower head or peri bottle. Dry well afterwards.
- Do not place anything into the vagina, unless instructed by the doctor.
- Do not lift over 15 pounds for 2 weeks after surgery
- 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.

Based on the FDA narcotic reclassification, we can no longer call in ANY narcotic pain medications. Plan accordingly; to obtain a refill you must call the office during business hours on weekdays and allow 24hrs for the paper prescription to be filled out. The after-hours and on-call surgeon cannot provide you with a narcotic prescription.