



Anorectal Day Surgery

Instructions

Before Surgery

Bowel Preparation

- Take two enemas (Fleets or tap water) on the morning of the surgery prior to coming to the hospital. These may be purchased at any local drugstore.
- Only in certain situations is a full bowel prep necessary. You doctor will advise you if this is the case. (Examples: Trans-anal excision or Sphincteroplasty)

Diet

- Do not eat or drink anything after midnight on the night before your surgery. If you take blood pressure or heart medications, these may be taken with a sip of water.

Transportation

- You will need to arrange transportation home after the surgery because you will be unable to drive. Also, it is recommended that public transportation be avoided on the ride back home as you will be uncomfortable and will have been given medicine which may make you feel dizzy or tired. We advise that you bring a friend or relative to be with you.

After Surgery

Diet

- On the morning following surgery **at 7:00am**, take 3 tablespoons of Milk of Magnesia and immediately drink 8 oz of orange juice.
- Take psyllium seed (which is the generic form of Metamucil) daily as directed to maintain soft stools
- Drink plenty of water, at least six to eight 8oz glasses per day.
- Resume a regular diet. A high fiber diet is recommended.

Wound Care

- If the dressing placed on your bottom is saturated with fluid, you may replace it on the day of surgery with a clean dressing or a sanitary napkin. If the dressing is not changed on the day of surgery, please remove it the morning after surgery and take a sitz bath (*20 minute tub bath soak in warm water*). Occasionally, a white packing is inside the anal canal, it will soften and pass with your first bowel movement or during a bath.
- There will be swelling of the anal area after surgery. Do not confuse the swelling with recurrence of your original problem. It may take a few weeks for the swelling to completely resolve.
- Do not use suppositories or ointments unless specifically instructed to by your doctor for after-surgery wound care.
- Take 3 sitz baths each day and after bowel movements which will help to control the pain.
- You may resume light activity as soon as you feel you are able. If you are taking narcotics for pain, do not drink, drive or operate any heavy machinery.
- No lifting over 20lbs.

- You may place a small gauze pad or a sanitary napkin in your underwear to keep your clothes clean.
- Do not insert anything into your anus.
- You can expect a few drops of blood with your bowel movements, in the toilet or on the toilet paper. This should be a small amount and should stop after the bowel movement is over. If bleeding persists, call the doctor or clinic right away.

Drains

- Sometimes the surgeon places a drain or rubber-band in the surgical area. This will drain creamy, yellow-white, sometimes bloody fluid. You may place gauze or a sanitary napkin in your underwear to keep your clothes clean.

Pain

- There will be pain in your anal region. You may also experience spasms or a burning sensation. The sitz baths you take will improve these symptoms.
- Prescriptions for pain medication will be given at time of discharge. You should take this medicine as directed. Try to use over-the-counter medications such as ibuprofen (Advil) or naproxen sodium (Aleve) before or alternating with the prescribed medications. These medicines will also help relieve the swelling.

Follow Up

- You will have an appointment to return to the clinic in 2-4 weeks following your surgery. If problems occur, call the doctor or clinic.
- **CAUTION:** Most patients do not have any complications after going home. However, if you develop a fever $>101^{\circ}$, persistent bleeding or pain which gets worse over a few days call the doctor immediately or go to the emergency room.