

ANAL AND RECTAL SURGERY POST-OP INSTRUCTIONS

FISTULOTOMY * FISSURECTOMY * SPHINCTEROTOMY * HEMORRHOIDECTOMY * ANAL WART REMOVAL *
RECTAL BIOPSY * ANAL DILATION * ANAL SETON PLACEMENT * ANAL SETON REMOVAL * RECTAL
PROLAPSE SURGERY * RECTAL MASS REMOVAL * ANAL CANCER REMOVAL * ANAL SKIN TAG REMOVAL *
LASER ABLATION OF HPV OR AIN OR CIS

PRIOR TO SURGERY

- **Purchase Supplies before procedure day:**
 - Mineral Oil
 - Light day pads
 - Hot dogs individually wrapped and frozen
- **Medications**
 - Stop any blood thinning medications such as Aspirin, Ibuprofen, and Fish Oil at least 5 days prior to procedure.
 - If you are taking a prescribed blood thinner, please notify our office immediately.
- **Transportation**
 - Plan for someone to transport you to and from surgery and to stay with you for 12-24 hours.
 - Driver must remain near the surgical center premises. Patient will not proceed with their procedure if their driver is not present.

DAY BEFORE SURGERY

- You may consume a regular breakfast and a light lunch.
- For dinner, only clear liquids such as water, popsicles, ice, soft drinks, Gatorade, clear broth or bullion, Jell-O, coffee, or tea (NO milk or cream).
- After midnight, nothing by mouth including water, mints, and gum. ALSO no smoking, chewing tobacco or alcohol as this will increase saliva before your procedure.

DAY OF SURGERY

- If you take prescribed medications, you may take them with a small sip of water, just enough to get them down.
- If you are diabetic, DO NOT take your oral medication or insulin
- Wear comfortable clothing (that is easy to get in and out of) and form fitting underwear (no boxers or thongs).

WHEN YOU RETURN HOME FROM SURGERY

○ **Diet:**

- Consume only liquids or light foods (soups, Jell-O, soft foods, etc.) if your stomach can tolerate it. If no nausea or vomiting occur, you may advance to a regular diet.
- Eat a regular **high fiber** diet as tolerated including oatmeal, fresh fruits, and vegetables. This will help to give bulk to your stool and prevent diarrhea.
- To increase the amount of fiber intake, you may begin taking Metamucil, Konsyl, or other bulking agents beginning the day after surgery. Take one tablespoon twice a day in the morning and evening.
- Avoid any cow's milk dairy products.
- Drink plenty of water, at least 6 to 8 glasses a day unless otherwise instructed by physician.
- Take all medications as prescribed; best taken with food and water.

○ **Dressing / Wound care:**

- Keep dressing in place post-surgery for 4-6 hours. During this time, sit on a hard, firm surface, such as a wooden chair or a cutting board, as it is important to keep pressure on the area to prevent bleeding.
- If you are tired and wish to rest, sit at a table and lay your head on a pillow.
- After 4-6 hours, you may remove the dressing. *Do not* peek at the wound or remove the dressing before the first 4 hours have passed as this may remove the clot and prolong bleeding.
- If you have saturated the dressing and continue to have some bleeding, remove the dressing, replace with a frozen hotdog, and sit on a hard surface for an addition 2 hours to get the bleeding under control.
- Keep the area completely dry. Moisture and wetness will slow your recovery. Wear a light day pad or a small cotton ball.
- You may bathe *before* your procedure, but do not shower after your procedure until the next day. Do not use soap or a washcloth on the anus.
- Small amounts of bleeding and/or drainage is **NORMAL** and can be possible up to three 3 months post procedure.
- There will be some irregularities in the skin tissue around the area of surgery, this is swelling and not hemorrhoids. This should resolve within 3 months.

○ **Pain:**

- The local injections given in surgery will only last for approximately 2-4 hours.
- After you have removed your dressing, ice the area to reduce pain, swelling and bleeding. We recommend an individually wrapped, frozen hot dog as this works well to get the ice as close to the wound as possible.
- DO NOT insert the hot dog; place it between the cheeks.
- Continue to ice (hot dog) 5 to 10 minutes at a time if pain and swelling persists.
- Take your medication as directed.
- You may take Tylenol 1000mg every 4 hours alternating with Ibuprofen 800mg every 6 hours.

○ **Elimination:**

Urination

- You may experience some difficulty urinating; this is not unusual.
- It is important that you urinate the evening after your surgery. DO NOT wait until your bladder feels uncomfortably full. If you cannot urinate normally, try to do so in the shower or bathtub. Sit at the edge of the tub and run warm water over the palms of your hands.
- DO NOT overhydrate yourself trying to urinate, drink only your usual amount of liquids.

Stooling

- Avoid stooling immediately after your procedure, but *do not* ignore the urge to go if you must.
- If you need to have a bowel movement, remove the dressing.
- The evening after your procedure, **take one teaspoon of mineral oil** before bed. This will coat the intestinal lining to help evacuate the stool. DO NOT take the mineral oil if your stools are already soft, poorly formed, or you have diarrhea. Your goal is to focus on having well-formed stool.
- If you are having diarrhea, add more fiber to your diet or take Pepto-Bismol or Kaopectate.
- To clean after having a bowel movement, it is recommended to wash the area with a shower head.
- No Rubbing – gently pat the anal area to clean.
- You may use a warm flow hair dryer for total drying.



ANAL AND RECTAL SURGERY INSTRUCTIONS (chart copy)

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If you are having diarrhea, add more fiber to your diet or take Pepto-Bismol or Kaopectate. To clean after having a bowel movement, it is recommended to wash the area with a shower head. No Rubbing – gently pat the anal area to clean. You may use a warm flow hair dryer for total drying. **WHEN TO SEEK TREATMENT** Call: (602)253-4271 If you experience any of the symptoms below, *immediately* contact Dr. McConnell, the MA, or the Nurse on hand so we can determine if you will require additional treatment. If you have more than a cup of clotted blood from your rectum at any time. If you have not urinated within 6 hours of your procedure, even after trying the methods above. If your pain is increasing and not responding to treatment. If you do not have a bowel movement for 3-5 days. You are having fevers, chills, or sweats. If you are unable to reach us, go to the nearest emergency room for evaluation. **GENERAL INFORMATION** Scheduling: If you need to cancel or reschedule, please call Lisa ext 1002. Benefits/Eligibility are verified about 1 week before your scheduled date. Questions? Please call Edith ext 1009 It is not required, but if you wish to schedule a post-operative appointment, please call the office. Pathology: The Medical Assistant will call with any abnormal pathology results. If you are concerned about your results and have not heard from us within 10 days, then please call our office. Discharge: You must be discharged in the company of a responsible adult (18 years or older) who will accompany you home.

I HAVE RECEIVED THESE DISCHARGE INSTRUCTIONS AND HAVE HAD ALL OF MY QUESTIONS ANSWERED.

Patient Signature: _____ Date: _____

Name and phone number of person driving you home: _____

Name of person staying with you for the first 12-24 hours: _____

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