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Anorectal Surgery Discharge Instructions

1. Drink 8-10 glasses of non-carbonated, non-caffeine containing, beverages per day.
2. Take 1 dose of Metamucil 2 times a day for the first 14 days.
 - a. Then reduce the dose to once a day after that for the next 14 days.
 - b. Then, if bowel movements are normal and regular, can stop the fiber supplement.
3. Take a stool softener OTC (e.g. Colace or Senna) twice a day for the first 7 days.
 - a. Then reduce the dose to once a day for the next 7 days.
 - b. Then, if bowel movements are normal and regular, can stop the stool softener.
4. Take Lactulose laxative once a day for the first 3 days after surgery, if it was prescribed for you.
5. Eat a high fiber diet.
6. If applicable, remove the outer bandages on the day after surgery before your first shower or at any time before your first bowel movement.
7. Also, remove the gauze anal packing upon having your first bowel movement or with your first shower. If you cannot remove it, it will absorb away shortly and there is nothing that needs to be done.
8. Resume normal activities. No heavy lifting, straining, pushing, pulling, or exercise for the next 3-4 weeks.
9. Take warm water sitz baths for 10-20 minutes 3-4 times a day and after a bowel movement as needed for comfort.
10. For postoperative pain a prescription is provided.
11. Should you become constipated with no bowel movement for one day, take over-the-counter MiraLAX at the recommended dose. If there are no results by the following day, repeat dose twice that day. If there are still no results by the following morning, call the office for further instructions.
12. You will have blood in your bowel movement for a few days to a few weeks. If it becomes steady and/or excessive, call the office for further instructions.
13. Mucous discharge and swollen anal tissue are common after surgery and usually does **not** indicate a problem. Discharge can last up to 2-4 weeks.
14. Call to make an appointment for a post-op visit in 3-4 weeks after surgery.
15. **DO NOT** take any aspirin-containing products for at least 2 weeks. Tylenol/Ibuprofen are approved.
16. Most stitches will dissolve. It is normal to see them in the toilet bowl.
17. If you have further questions or concerns, please do not hesitate to call the office.

High Fiber Foods

You need 25-38 grams of fiber each day

To meet this goal, take fiber supplements if directed by your doctor, and choose these fiber-rich foods.

Fruits, such as apples, raspberries, plums and pears

Grains, such as whole-grain cereals, oat bran, and brown rice

Vegetables, such as peas, spinach, broccoli, potatoes, and artichokes

Legumes, such as lentils and navy, pinto, or kidney beans