

Peri-Anal Surgery Instructions

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You have just had peri-anal surgery. The instructions in this letter will help you with your recovery, and give you an idea of what to expect in the next few days. If you have any problems or questions not covered here, call the office.

*For the next 1-2 weeks, take a Sitz bath or regular bath 2-3 times daily and after each bowel movement. This will ensure that the anal region remains clean and will minimize your discomfort.

*For the management of post-operative pain you have been given a narcotic analgesic, usually either Vicodin or Percocet. With either of these drugs you can take 1 or 2 pills every 4 hours. You should not take other medications containing Acetaminophen (Tylenol) while you are taking these medications. Do not wait for severe pain to set in before you take your next dose of this medication, as you begin to experience discomfort, take your next dose. This will minimize your discomfort, and you will actually end up taking less medication in the long run.

*Unless you have had an ulcer, you should also take Ibuprofen (Advil, Motrin) 400-800 mg. three times daily with meals. This will provide a baseline level of pain reliever in your system, and minimize the need to take the narcotic pain pills.

*In many cases I will give you a 5-10 day prescription for Metronidazole (Flagyl). You should take this medication until finished. You may not drink ANY alcohol while on this medication or you will become violently ill.

*You should get plenty of rest for the first two days after surgery. Driving or any activity outside of the home may result in bleeding and complications. After this period, your activity should be restricted somewhat for the next 7-14 days. You should not participate in strenuous activity or lift anything heavier than a gallon of milk. You should however, continue to be active, and I encourage you to take at least one long walk per day. A safe rule of thumb is "if it hurts, don't do it."

*Constipation is a major problem after anal surgery. To prevent this, you should take a fiber supplement for the next two weeks. You may use Metamucil, Citrucel, Fibercon, Fiber Choice, or any other available brand. This should be taken (dose as directed on the package) twice daily until you are having one soft bowel movement per day. If you begin to have multiple bowel movements, you may reduce the amount of fiber you are taking to a once daily dose. You should also take Colace (100mg), one pill twice daily. If you go one day without a bowel movement, take one tablespoon of Milk of Magnesia that evening. For severe constipation, call the office.

*A small amount of bleeding or rectal discharge is normal for the first week or two after surgery. Do not be alarmed if this occurs.

*If you notice worsening redness, pain, or drainage from the wound, or if you notice a foul smell or run a fever greater than 101 degrees Fahrenheit, call the office. If no one is available, go to the Emergency Department or leave a message with the answering service for the Surgeon On-Call.