Anorectal Surgery Discharge Instructions

Diet
- Include plenty of fruits and vegetables in your diet.
- Try to drink at least 6 to 8 glasses of fluid every day. Each glass should be at least 8 ounces.

Medications
- A script for pain may be given to you along with instructions.
- If you are taking narcotics for pain relief, do not drive when doing so.
- Psyllium preparation (available over the counter) take 2 doses daily in 1/3 glass of liquid.
- Stool softener – Colace 100mg twice a day (available over the counter).

Activity
- No heavy lifting over 10 pounds.
- No strenuous exercise such as working out or heavy housework, until after you are seen for your first postoperative appointment.
- You may slowly return to moderate activity when you get home. Stop if you have pain.

Bathing and Personal Care
- Use a Sitz bath 3 times daily, especially after bowel movements. This will help with discomfort.
- Use warm water.
- The Sitz bath should last no more than 20 minutes.
- You should have a bowel movement at least every other day.
- If 2 days pass without a bowel movement, take 1 ounce of Milk of Magnesia (available over the counter). If no results, repeat in 6 hours.
- Use wet tissue, wet cotton balls, medical pads, or baby wipes after a bowel movement.
- Do not use dry toilet tissue.

Normal Expectations
- Some bloody discharge from the rectum may occur. This is normal.

When to Call the Office
- If there is heavy or constant bleeding.
- If the pain you have with your bowel movements gets worse daily, does not improve.
- A fever of greater than 101.5°F.
- If there is no urine output after 8 hours following the procedure, you need to go to the closest Emergency Department.
- If at any time following surgery you have continued difficulty with urinating.
- If you have trouble urinating try running the water faucet while sitting on the toilet. Listening to the running water may help you urinate.