

ANORECTAL SURGERY INSTRUCTIONS

Use this preparation and instructions for any anorectal procedures such as Excision of hemorrhoids, anal Fissures, anal Fistulas, Paerianal and Rectal abscess

Purchase prior to surgery:

1. Fleets enema (green box) x2
2. Soft, baby or pre- Moistened wipes
3. Metamucil, Konsyl or Perdiem fiber
4. Gauze pads or cotton balls to collect any drainage
5. Stool softener (**Miralax**, Colace, Dulcolax, Magnesium Citrate or Milk Magnesia)
6. Prescribed medications

Before Surgery Instructions

You will need to use one Fleet enema the night before your surgery. Take another fleet enema at home the morning of surgery about one hour before you come to the hospital.

After Surgery Instructions

Peri-anal care:

- Warm water is soothing, helps relieve pain, reduces swelling, increases blood flow and promotes healing. Take three (3) warm baths or Sitz Baths a day and always after each bowel movement.
- Use soft moistened wipes instead of dry toilet paper (Baby or pre-moistened wipes). Be gentle. Dab don't wipe.
- Some bloody discharge is to be expected.
- Keep the area dry between baths.
- Do not apply any creams unless instructed.

Bowel Movement Management

- Avoid Constipation!!
- Take stool bulking agents Metamucil, Konsyl, or Perdiem fiber (plain) at least two (2) times daily. Mix according to package instructions and always follow with a full glass of water. Reduce the dosage if you have more than two (2) bowel movements per day.
- Take stool softener two (3) times per day. For example, Docusate 100mg or Senna, or a combination
- If you go one day without a bowel movement, take Miralax (17g mixed with water) that night and drink more water
- If you go two days without a bowel movement, continue above and add 60ml Milk of Magnesia or 8oz of Magnesium Citrate.
- If this does not work, or you are unable to follow these instructions please call the office.

Pain Management

- You will be given a prescription for pain medication. These are usually narcotics. Take as directed. These medications can upset your stomach and make sure to take it with some food. They can also cause constipation and are associated with addiction if abused.
- You may have a prescription for Valium 2mg every 8 hours, this can be used to relax the anal sphincter during sharp anal contractions
- For milder pain, you can use Extra Strength Tylenol. In addition, take warm showers or perform Sitz baths, (very warm water soak -- do not burn your skin) for 5min about 2-4 times/day
- My preferred regimen for pain management includes taking tyenol 500mg every 4 hours, Ibuprofen 600mg every 6 hours (with food) and narcotics for breakthrough and severe pain.

Additionally

- Eat a regular diet with plenty of fruits and vegetables.
- Drink plenty of fluids, at least 6-8 glasses per day
- Alcoholic beverages may be used in moderation.
- Avoid nuts, seeds, corn, popcorn, or spicy foods.
- No driving, heavy lifting, or sexual activity until after your first postoperative visit.
- You may do light activities and climb stairs.
- Call the office to schedule a follow up appointment in two weeks or as directed.

Drains:

- Seton:** This is a rubber band like drain that wraps around an anal fistula to keep it open and allow it to heal. This may remain in place for 4-6 weeks.
- Penrose:** Flexible tube that drain fluid away from wound. This usually stays for 1-2 weeks

When To Call Your doctor

- **Excessive bleeding:** If bleeding is excessive (greater than 1-2 ounces every 15 minutes that will not stop with pressure applied locally), call. If you pass a large amount of blood (1 cup or more) or feel faint or dizzy from bleeding, call.
- **Urinary retention:** If you cannot urinate for six to eight hours
- **Infection:** If you have foul-smelling, purulent (pus) drainage
- If you run a persistent fever greater than 101 degrees
- Redness and an increase in unrelenting pain
- Nausea and vomiting and are unable to take liquids

Contact information

- Call Intercoastal Medical Group (IMG)
- Lakewood office 941-362-8662, The answering service will be available after 5pm, and you will be able to reach the "on call" physician
- Cattleman office 941-341-0042, from 12-1 pm the answering service will be on
- You can reach Dr. Hernandez through the portal for non-urgent problems or questions