



Department of Surgery
Section of Colon and Rectal Surgery
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Post-Anal Surgery

You play an important role in your own recovery. After discharge from the Hospital, please call the office to schedule a post-operative appointment. Your appointment should be _____ week(s) following surgery. Following is information about post-operative care. It will help you understand what to expect after surgery and what you can do to help recover more quickly.

Diet

- Eat a high fiber diet: 25-30g daily (see attached instruction sheet)
- Drink plenty of fluids: 6-8 8 oz glasses or 1.5 Liters per day

Caring for Your Wound

- Some oozing or slight bleeding can be expected.
- Gauze or panty liners can be worn inside underwear if drainage is present. No other dressing is necessary.

Bowel Function

- AVOID CONSTIPATION/HARD STOOL.
- Take Colace 100mg 2 to 3 times per day.
- Take Metamucil or Citrucel 1 to 2 times per day.
- Your first bowel movement may be uncomfortable. However, delaying your first bowel movement could lead to increased discomfort.
- If you do not have a bowel movement by the second day after surgery, please call the office. **DO NOT ALLOW SEVERAL DAYS TO PASS WITHOUT A BOWEL MOVEMENT.**
- It is not unusual to pass some blood with bowel movements up to 10 days following surgery. **If you pass clots or large amounts of blood, call the office immediately.**

Pain Management

- It is normal to experience pain in the anal area for the first 7 to 10 days.
- Take prescribed pain medication as needed or Tylenol 650mg every 4-6 hours as needed, not to exceed 4000mg daily. **Warning: Do not take additional Tylenol while taking Percocet or Vicodin. All of these products contain Acetaminophen, which can be toxic if taken in excess.**
- Take sitz baths or apply warm soaks 3 times a day, especially after bowel movements.

Activity

- Avoid heavy lifting or strenuous activity for 7 days.
- Avoid prolonged immersion (longer than 10 minutes) in any water.

Symptoms to Report

- Severe or worsening pain, unrelieved by pain medications
- Fever, greater than 101.5°F, chills or sweats
- Difficulty passing urine
- Severe rectal bleeding or blood clots