



Post-Op Anal / Rectal Surgery Instructions

Note that the following is a general guide and specifics depend on the procedure performed. If medications were not prescribed then ignore the instructions regarding them.

PAIN RELIEF

- Ø Take the analgesia (Arcoxia / Celebrex / Tramacet etc, or generics) as directed
- Ø Apply Anethaine / Remicaine to the anus (inside & out) as directed, if prescribed
- Ø Take a hot bath or Sitz bath in plain water and soak for at least 20 mins, 3 times per day if possible
- Ø The pain should start getting better at about 7 to 14 days after surgery

ACTIVITY AFTER DISCHARGE

- Ø Don't sit for longer than 10 to 15 mins at a time
- Ø You may sit on a foam pillow but avoid rubber rings or "donut" cushions
- Ø Do what feels comfortable, don't strain or engage in strenuous physical activity
- Ø Avoid constipation! Analgesia can cause constipation which will make passing stool very painful. Take a stool softener available OTC – Movicol is the recommended one – while you are taking analgesia.
 - Eat fruits, veggies and whole grains
 - Try to drink 6-8 glasses of water daily unless otherwise instructed

INCISION CARE

- Ø Remove the dressing the morning after surgery and get into a warm bath
- Ø Apply Bepanthen cream to anus after each hot bath for the first 7 to 10 days post-op
- Ø After bathing, pat dry, do not wipe. Sanitary pads placed on your underwear work best as a dressing and to keep clothing clean
- Ø After each bowel movement, gently cleanse with water / wet wipes or bath / shower to keep the area clean. Some bleeding with each bowel movement is to be expected for the first few days. If the bleeding does not stop 1 hour after passing stool, if it gets worse with time or if you start to pass clots, call the rooms or go to Casualty
- Ø If you have been instructed to do so, place a moist gauze pad in the wound several times daily

WHEN TO CALL YOUR DOCTOR

Call your doctor (or go to Casualty if Dr isn't available) immediately if you have any of the following:

- Ø Jaundice
- Ø Increasing abdominal pain / constipation / nausea or vomiting
- Ø Increased redness/swelling or drainage of clots/pus from the surgical site
- Ø Fever of 38°C or higher

Follow-up appointments are not required unless something seems wrong or if you are concerned about something. If that is the case please feel free to contact the rooms for an appointment.

If a biopsy was taken, allow 5 – 7 working days for results. Dr will notify you if there is anything of concern.