

## **Instructions after Anorectal Surgery**

### **Drs. Burke, Boyle, McKee, Leung, Morris and Incorvati**

On \_\_\_\_\_ you had anorectal surgery at Heritage Valley Beaver. Please follow the instructions on this sheet for your follow-up care and make an appointment for a follow-up visit in 3-4 weeks.

#### **Activity and Diet**

- Unless instructed otherwise, you may walk, climb stairs, ride as a passenger in a car, and engage in other activities of daily living as tolerated.
- Avoid strenuous activity and heavy lifting for 2 weeks.
- Eat a high fiber diet and drink lots of water (at least 60-70 oz/day) to add bulk and softness to your stool
  - Eat at least 2 servings a day of bran cereal, beans, fruits, or vegetables
  - Take one tablespoon of fiber supplement (such as Citrucel or Metamucil) shaken in a large glass of water 1-2 times a day
  - Drink several additional glasses of water daily
- Place nothing into your rectum.
- Avoid driving as long as you have pain and are taking narcotic pain medication.
- You may resume work as tolerated unless instructed otherwise or if your work involves heavy lifting. Please bring any forms related to work, insurance, or disability to your first postoperative visit.

#### **Medications**

- Stool softeners
  - Mineral oil 1 tablespoon daily for one week – stop if you have diarrhea
  - Colace 100 mg two times daily for one month
- Pain medication – take the pain medication as prescribed every 4-6 hours as needed. **DO NOT** drink alcohol or drive while taking this medication.

#### **Care of the Operative Site**

- To cleanse the operative area and promote healing, sit in a tub of lukewarm water or a sitz bath three times daily and after each bowel movement.
- Allow the rectal pack to fall out on its own, do not attempt to pull it out.
- Keep a gauze pad tucked between the buttocks to collect any drainage as needed.

#### **Call Our Office**

Call our office to make a follow-up appointment, and if you notice any of the following:

- Fever (temperature over 101F) or chills
- Persistent nausea or vomiting
- Severe pain that is not relieved by the prescribed medications
- Swelling or redness around the rectum
- No bowel movement for several days and you are becoming uncomfortable
- Significant change in urination or no urine output for 8 hours
- Excess bleeding (from the rectum or incision) – more than ½ cup that does not stop

**Office Telephone: 724-728-8300**  
**Monday through Friday 8:00 AM – 5:00 PM**

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This number will also connect you with the answering service during non-business hours.