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Discharge Instructions after Anorectal Surgery:

After your surgery, the following may occur and **SHOULD NOT** alarm you:

- Drainage of bloody discharge (a tablespoonful or less). This can last 2-4 weeks.
- Some swelling around the anus
- Soreness, burning, itching, or dull aching
- Pain with bowel movement
- Occasional passage of bright red blood
- Mild fatigue
- Mild fever (less than 101.4)
- Odor

Diet:

- Eat a regular high fiber diet with a considerable number of grains, cooked vegetables, and fruits. You should also take fiber supplements (Metamucil, Benefiber, etc.) every day. You need 30-35 grams of fiber every day; you will not get this from diet alone.
- Avoid spicy foods.
- Drink more than 64 ounces of water or liquids without caffeine daily.

Wound Care:

- Use ice packs for the first two days following surgery, 10 minutes at a time.
- Take warm-water soaks/sitz baths/Jacuzzi/showers 15-20 min, 3-4 times a day. The water can be as warm as can be tolerated. Don't add salt to the water.
- Expect minor bleeding/drainage with bowel movements, so wear pads to protect underwear. The purpose of a dressing is only to keep the underclothes from becoming soiled.

If Unable to Urinate:

- Walk around and try to urinate in a hot shower or bath.
- If still unable to urinate and you start having pelvic discomfort or pain, go to the Emergency Room to have a catheter placed. The doctor in the office will remove this catheter in a few days.

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Pain:

- You will have pain after surgery. The intensity and duration of pain depend on the type of surgery. Hemorrhoidectomy, for example, causes severe post-operative pain for the first week, followed by a gradual improvement in pain, bleeding and drainage over several additional weeks.
- Constipation and diarrhea make the pain much worse and must be avoided. You must take a daily fiber supplement (Psyllium, Benefiber, Metamucil), as outlined below, to have soft, bulky stools that produce the least amount of pain.
- In addition to taking pain medications, use heating pads or ice packs as directed by your surgeon. If using ice, use a towel to wrap the ice packs and avoid putting ice directly on your skin.
- Non-drug options for pain control include mindful breathing, meditation, distraction (listening to music, reading, talking to others, etc.).

Pain Medications:

- Motrin 400 mg every 8 hours and Tylenol 1000 mg every 8 hours around the clock. Alternate between the two so that you are taking one or the other every 4 hours.
 - Do not take more than 3200 mg of Motrin (ibuprofen) in 24 hours.
 - Do not take more than 3000 mg of Tylenol (acetaminophen) in 24 hours.
- Narcotic (oxycodone) pain medication as prescribed. Keep in mind that narcotic pain medications will cause constipation, which will cause more pain.
- Post-op nausea is normal, if persistent nausea/vomiting for more than 1 day, take Phenergan or Zofran as prescribed (call the office for a prescription). Stay hydrated with cups of water daily.
- Do not drive or operate heavy machinery while taking narcotics

IMPORTANT: Narcotics will cause constipation.

- To avoid constipation, do the following:
 - Take Fiber supplements **every day** (example: Metamucil, Psyllium). Mix 2 teaspoons of Metamucil fiber into 1 cup of water and quickly drink before it thickens. You can do this once or twice a day. The goal is to pass soft and bulky bowel movement. Fiber supplements will prevent both constipation and diarrhea.
 - MiraLAX 17 grams nightly as needed
 - Milk of Magnesia 2 tablespoons am/pm as needed
 - Keep hydrated
- If bowel movements become too loose, stop milk of magnesia but stay on fiber supplements.

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Diet:

- Eat a well-balanced, low-fat, high-fiber diet, including plenty of fruit and vegetables.
- Drink 6-8 glasses of water per day to keep the stool soft.

Activities:

- There are no restrictions on your usual activities of daily living (e.g. walking, climbing stairs, riding in a car).
- Do not drive a vehicle while taking narcotic pain medications (e.g. Oxycodone, Norco)
- After some procedures, you will be asked to avoid strenuous activity of heavy lifting for 7-14 days.

When to Call Us (248-852-8020):

- Fever higher than 101.5
- Persistent nausea and/or vomiting
- Excessive bleeding (bloody diarrhea). Bleeding should improve with time. It is normal to pass some blood with bowel movements but passing a cup of blood at a time is abnormal.
- Increasing pain not relieved with the above instructions.
- Prolonged diarrhea or constipation.

Follow up:

Follow up in 3-4 weeks unless otherwise directed by your surgeon. Please call the office within a day or so to make an appointment.