

Post-Operative orders following Ano-Rectal Surgery

Purchase: prescription medication (if any), Colace, Metamucil & Miralax or Ducolax (if you don't have)

- Go home and rest today. You may eat a regular diet.
- Take pain medication as prescribed as soon as you feel any discomfort in the operative area.
- Call the office today for an appointment in one week.
- Leave dressing until you feel discomfort, then remove dressing and take a warm sitz bath. Take sitz baths at least twice a day thereafter.
- Always take a sitz bath after a bowel movement.
- Apply gauze or a cotton ball to the anal area between baths. Use underwear to hold dressing in place.
- Take 1 teaspoon of Metamucil in 8 oz. of water or orange juice daily.
- Take 2 Ducolax tablets or 17gm (1 cap) of Miralax twice a day until bowel movement.
- If you do not have a bowel movement for 48 hours,
- Do not be alarmed if there is pain or bleeding from the operative site.
- Continue these instructions until you return to the office in 7-10 days. If there are any serious problems (ie. severe bleeding, severe pain after 48 hours or an unusual condition) call the office **immediately**.
- If you do not have a bowel movement in 48 hours, call our office immediately.
- Take a multi-vitamin and a stool softener twice daily.