Dr. Julie A. Lorber
Colon & Rectal Surgeon

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Post-Operative orders following Ano-Rectal Surgery

Purchase: prescription medication (if any), Colace, Metamucil & Miralax or Ducolax

• 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-two weeks.

• 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 round 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.

• 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 twice daily.