



## Anal Surgery

### Post-Operative instructions

**Diet:** You may resume your usual diet as soon as you are hungry. To avoid constipation or stool impaction, we recommend starting a high fiber diet the morning after surgery (Bran cereal, wheat or rye bread, fresh fruits and vegetables) and also one tbsp of Metamucil with 8 oz. of water each morning or evening. If you go more than 48 hours without a bowel movement (BM), take two tablespoons of Milk of Magnesia or mineral oil three times a day until the first BM, then stop. Call our office if you go more than three days without a BM. Drink plenty of water and juice.

**Wound Care:** You may change the anal dressing at any time after surgery. It should be removed the next morning, and you should begin sitz baths. This entails sitting in a warm tub of water for 10–15 minutes. You should also soap and wash the anus gently. Afterwards, dry and replace a clean dressing. This should be repeated three times a day for the first week and twice a day thereafter. **Note:** If you have had pilonidal cyst or abscess surgery, you should remove the iodoform gauze packing while in the first bath. Afterwards, gently re-pack the wound with clean gauze dampened with the saline solution prescribed. This should be changed two times a day.

**Activity:** You may resume normal activity the day after surgery. Avoid straining or exercise until your follow-up visit. Do not drive or operate heavy machinery for 3-5 days after surgery or until you are completely pain free, off narcotics and are not hindered in any way.

**Medication:** You will get a prescription for a mild narcotic painkiller such as Vicodin or Norco. Start with one every four hours and increase to two if that doesn't help. Take the pills with food. If they make you nauseated, try extra strength Tylenol or Advil. If it persists, call the office for a new prescription. Beware of taking maximum doses of pain medication along with plain Tylenol, as many of these have acetaminophen in them.

**Follow-up:** Call the office at **210-494-7979** to make a follow-up appointment for 7 to 10 days after surgery.

**Emergency:** If you have any problems or questions, do not hesitate to call the office number. After hours, it will give you the on-call doctor. Call if you have active bleeding, severe pain, persistent vomiting, fever over 101.0 degrees, or diarrhea more than 6 times in 24 hours. If it is an extreme emergency, please go directly to the closest emergency room.

**Thank you for allowing us the privilege of providing your surgical care.**