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DISCHARGE INSTRUCTIONS FOR ANO-RECTAL SURGERY

DIET:

Resume your normal diet but add some roughage. You are encouraged to take a high-fiber diet such as bran bread, vegetables, beans and fruits to add fiber to your diet. Avoid spicy foods, beer, wine, carbonated drinks, coffee, or tea as they may cause irritation of the anus.

SITZ BATH INSTRUCTIONS:

Take a Sitz-bath (sit in lukewarm bath water) for 10-15 minutes 3 times a day and after every bowel movement. One may use the bathtub as a Sitz bath or buy one from a pharmacy.

PERSONAL HYGIENE

You may use toilet tissue as soon as comfort allows, but baby wipes are a softer alternative. Using just plain lukewarm water for cleaning is even better and more comfortable. Gently clean the wound with your fingers as you pour water over the area. After cleaning, tuck in a piece of 4x4 gauze over the area.

GENERAL INSTRUCTIONS

- You have stitches that dissolve. In order for the stitches to dissolve, the tissue around the stitches will create an inflammatory reaction and therefore do not be alarmed by some soreness, swelling, bleeding, discharge, or false urges to defecate. The inflamed tissues are not the hemorrhoids, but simply a response to the stitches.
- Some bleeding is possible up to several weeks after surgery.
- Strenuous exercise, pushing, straining, or heavy lifting is to be avoided for at least 4 weeks. One can drive when comfortable but prolonged driving should be avoided.

URINATION

If you have trouble urinating, do so while sitting in a tub of water, or run the faucet while sitting on the toilet. If the problem still exists, please contact your doctor.

CAUSE FOR CONCERN:

If any of the following occur, please call our office to speak with your surgeon:

- Problems with urination, including increasing pain, swelling, redness, or drainage
- Severe constipation (no bowel movements for 3 days)
- Diarrhea (more than 3 watery stools within 24 hours)
- Difficulty urinating
- Fever/chills
- Severe bleeding
- Nausea or vomiting

Post-operative pain following anorectal surgery is normal and expected. Please read the following instructions thoroughly to ensure maximum comfort during your recovery.

1. **"My pack did not come out."** Sit in a Sitz Bath and gently push or wait until your next bowel movement and the pack will come out.
2. **"I'm in pain."** Postoperative pain after hemorrhoid or any anorectal surgery can be quite intense. Please take pain medications as prescribed, in addition to Ibuprofen 600mg every 6 hours and Tylenol as needed. Also use lidocaine ointment or hemorrhoid ointment/creams like Prep-H, Tucks, etc.
3. **"I'm not able to have a bowel movement."** Take milk of magnesia 1 tbsp 2x/day, Senokot S 2 tabs daily, Metamucil 1 tbsp 2x/day. If you do not have a bowel movement for 2 days, please take 1 bottle of magnesium citrate.
4. **"I'm bleeding."** Some bleeding and drainage is expected. If there is a lot of blood and/or clots coming out with no stopping, please call the doctor or go to the ER.
5. **"I wish to discuss the report/result/procedure."** Please call the office to make an appointment with your surgeon to discuss results.

OTC MEDICATIONS FOR POST-OPERATIVE PAIN MANAGEMENT:

- Ibuprofen 200 mg. - Take 2-3 every 6 hours
- Tylenol - Take 1-2 every 6 hours
- Lidocaine Ointment/Recticare/Prep-H/Witch Hazel Ointment/Tucks - Apply 2-3 times a day
- Metamucil - 1 tbsp. twice a day
- Colace - 1 tbsp. twice a day
- Milk of Magnesia/Miralax - 1 tbsp. twice a day