

POST-OPERATIVE INSTRUCTIONS

RECTAL SURGERY

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 tablespoon of Metamucil with 8 ounces of water each morning and 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, and then stop. Call the 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 the area 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 a pilonidal cyst or abscess surgery and you have packing in the wound, you should remove the packing while in the first bath. Afterwards, gently re-pack the wound with clean packing as directed.

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 equipment for 3-5 days after surgery or until you are off narcotics and are not hindered in any way.

MEDICATION: You will get a prescription for a mild painkiller before you leave the hospital. 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. Medications **will not** be refilled after hours or on the weekends.

FOLLOW-UP: Call the office at (432)580-8330 to make a follow up appointment for 1-2 weeks after surgery. Do this as soon as you get home from the hospital or on the next business day if you are released after hours or on the weekend.

EMERGENCY: If you have any problems or questions, do not hesitate to call the office number. After hours, you will reach the answering service. Tell them your name, when you had surgery, what kind of surgery you had, and what kind of problems you are having. They will contact the doctor. Call if you have active bleeding, severe pain, persistent vomiting, and fever over 101.0 degrees, or diarrhea more than 6 times in 24 hours. If it is an extreme emergency, please go to the closest emergency room.

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

Signature _____ Date _____ Instructions given by _____