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POSTOPERATIVE ANAL SURGERY CARE

1. You should go home immediately following the procedure and rest.
2. Have the prescription filled and take the medication only as directed. Using too many narcotics will make you constipated so try to use medications like extra strength Tylenol and Motrin instead.
3. Drink small amounts of water after surgery until you are able to urinate. If you have trouble urinating try getting in a warm shower or bath as the water will help.
4. Remove the dressing after 4 hours and take a hot bath for 15 minutes. Afterwards, take a hot bath twice daily for 1 week. Apply dry gauze to the anal area in between the baths and change it as needed to keep the area dry.
5. To keep your bowels moving, take an over-the-counter fiber agent such as Citrucel, Benefiber, or Metamucil. You may take a stool softener as needed. It is very important to keep your stool formed (not liquid) to allow for proper healing of the anus.
6. If you go two (2) days without a bowel movement, purchase 2 bottles of magnesium citrate at your local pharmacy. Drink a half a bottle twice daily for 2 days. **Do not use any other oils, do enemas, or laxatives other than the ones in the instructions.**
7. It may take up to 3 weeks from surgery for the skin wound to heal. Do not be alarmed if bleeding or discharge occurs during this period of time as it is normal. Your sutures may also come loose which is normal and not a cause for alarm.