

POST-OPERATIVE INSTRUCTIONS

FOLLOWING RECTAL SURGERY

1. **NORMALIZING BOWEL FUNCTION.** You must begin to have normal bowel movements. After surgery, you may have to strain a little in order to have your first bowel movement. If necessary, take a pain pill 30 minutes before sitting on the toilet to ease any discomfort associated with the bowel movement.

If you do not have a bowel movement within 2 days following surgery, then try a Fleets® mineral oil enema- followed by a Fleets® saline (sodium phosphate) enema. If you are physically unable to use the enemas, then take Milk Of Magnesia® instead. If you do not have a bowel movement within 3 days following surgery, then please notify our office.

2. **BLEEDING.** It may be considered normal to have some blood in your stool with a bowel movement after surgery. If you pass two or more ounces of blood/per day with a bowel movement – please alert your physician. If you pass six or more ounces of blood/per day with a bowel movement, please alert your physician and go directly to the emergency room.

3. **KEEP THE RECTAL AREA CLEAN AND DRY.** After a bowel movement, clean your bottom with peri-anal cleansing pads (i.e. Tucks® or baby-wipes), followed by blotting the area dry with white unscented toilet paper. Change your dressing after each bowel movement, or whenever soiling occurs.

A piece of cotton (from a cotton roll), or gauze, placed between your buttocks will help keep the area dry. A feminine napkin worn in your underwear will help absorb excess drainage, and will protect your bedding and undergarments from soiling.

4. Take a sitz bath (warm water bath) - be careful not to use hot water. Ice the area at least 2 – 3 times a day for 10 –15 mins. Do not do both at the same time. Alternate between them. **Do this for the first 2 days after surgery.**

5. **CALL OUR OFFICE TO MAKE AN APPOINTMENT.** We would like to you in approximately 7 days form the date of your surgery.

6. **TAKE YOUR MEDICINE AS PRESCRIBED.**

Hydrocortisone/proxamine: For swelling, inflammation, and itching of the anal tissue.

Hydromorphone/Hydrocodone/codeine: For pain. Do not drink or drive on this medication.

Casanthranol/docusate/senna: To soften the stool and gently stimulate a bowel movement.

Magnesium hydroxide (Milk Of Magnesia): To further stimulate a bowel movement, if the prescribed stool softener or enemas are ineffective.