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## Post Operative AMBULATORY Surgery Instructions

### Pain Medication

The pain medication should be taken as directed on the prescription bottle. Pain medication should only be taken as needed unless otherwise directed. Pain medication in pill form may take up to 40 minutes to start working after they are swallowed. One should not wait until the pain is at a maximum before taking pain medications.

Many pain medications may contain Tylenol (acetaminophen). Additional Tylenol should not be taken. Motrin/Ibuprofen may be taken in doses of 600 mg every eight hours as needed with food. This medication can be used with the prescription pain medication or instead of it.

Warm soaks in the bath tub or sitz bath may be helpful at relaxing the anal muscle spasm and decreasing your pain. These may be done for twenty minutes at a time every 4 hours.

Pain is expected to be particularly severe around the time of bowel movements. Use the medication as needed.

Most narcotic pain medications cannot be called in to the pharmacy. Watch the number of pills that you have and call us well before (2-3 days) you are due to run out.

### Wound Care

The dressings that are in place may be removed at the first bowel movement or when they become soiled. Usually no fancy dressings are required. This is not a sterile area. Feminine mini or maxi pads may be easiest to use. Simple gauze pads can also be used. Limiting the use of tape may aid in your comfort. Dressings mostly act to prevent staining of your undergarments.

Cleansing after bowel movements must be performed gently. Baby wipes can be helpful in getting clean with little trauma. Flushable adult wipes are available. Avoid any "medicated wipes" as these may contain witch hazel or alcohol. These will cause discomfort. Wiping can be avoided all together if one goes directly to the warm soaks after a bowel movement. Nothing needs to be added to the water. Bubbles, oils, or Epsom salts may be added if this improves your

comfort or sense of cleaning. The water should not be too hot to avoid the risk of a burn injury.

Some wounds are closed and some are left open. A large percentage of wounds that have been stitched closed may separate or open. The skin in this area does not always hold the stitches. The wound will heal whether it has opened or not. The stitches are usually dissolving and do not need to be removed.

You do not have to add any topical ointments to the anal wounds. Usually these can be used if you feel they help you with comfort or dryness.

Antibiotics are rarely used for anal surgery.

### Bowel Regimen

It is often difficult to move your bowels after anal surgery. Pain and narcotic medications cause constipation. It is important to keep the bowels moving. The stool only becomes harder if you do not move your bowels for days. You should eat a regular healthy diet.

Colace (sodium docusate) can be taken to keep the stools soft. It may be taken two to three times per day. It must be taken with 6-8 glasses of liquid throughout the day.

Fiber supplements (psyllium, Metamucil, Citrucel, Fibercon) can be used daily to keep the bowels soft and moving. Fluids are also required for these to help.

Gentle stimulant laxatives (milk of magnesia, dulcolax, senna) should be taken if you have not moved your bowels for one to two days.

At times all three of these (softener, fiber, and laxative) may be required to help the bowels. It is important not to take too much to avoid diarrhea.

### Activity

No driving or working until you are off all narcotic pain medications.

### Notify Your Doctor

Notify our office if you develop a fever (>101 degrees F), swelling, or increasing pain. These can be signs of rare infection. Drainage is common from these wounds as is small amounts of blood.

Notify our office if you are not able to move your bowels despite the previous laxative recommendations.

Notify the office if you are unable to urinate. Pain and surgery can make it hard to void. Sometimes sitting in the warm soaks may help to get started.

Notify our office if you start having heavy bleeding. A small amount of blood on the dressings is normal. You may witness drops of blood clots with bowel movements if they are firm. When you have ongoing saturation of the dressings or frequent passing of blood do not hesitate to call.

**Telephone: 860.242.8591**

You may return to work when you feel you are able. Avoid activity that can cause direct trauma to the surgical area. Your activity is limited mostly by your discomfort.

### Follow-Up

Please call our office to schedule a follow-up appointment:

Bloomfield: 860.242.8591

South Windsor: 860.648.4413

Plainville: 860.793.8562