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GOING HOME INSTRUCTIONS FOLLOWING ANORECTAL SURGERY

<Patient Full Name>

[Selected Appointment Start Time]

1. High fibre diet is generally recommended.
2. Local anaesthetic may have been used during your procedure. You may experience onset of pain 4 -6 hours post procedure. You will need to take painkillers as the anaesthetic is wearing off.
3. Activity: Avoid any activity which causes discomfort. Full activity is OK. Avoid straining, lifting more than 5kg and vigorous sports for 4 weeks or as directed by your doctor.
4. Driving: May drive whenever comfortable 24 hours after your procedure. Do not go alone the first time and do not drive after taking pain medication.
5. Sitz baths 2-3 times (20 mins each) a day and after each bowel movement for 2 weeks or longer. Instructions overleaf.
6. After bowel movement, use soft tissue or toilet paper when wiping. Pat the area gently dry. Avoid vigorous wiping.
7. If the anal area is very raw and painful, apply zinc protective cream e.g. Sudocrem ® to the area and place absorbent pads between buttocks to keep cheeks separated and absorb any moisture.
8. Do not take an enema unless this is discussed first. It may cause serious damage.
9. Usually avoidance of constipation is recommended. You may require Lactulose or Coloxyl to achieve a soft easily-passed bowel motion.
10. Alcoholic beverages are OK, in moderation from 24 hours after your procedure.
11. The following may occur and are to be expected:
 - a) Minor pink staining and a few spots of blood.
 - b) Erratic bowel movement and sometimes seepage of stool and gas.
 - c) Minor drainage of pus and mucus around a drain tube if inserted for fistula.

12. Medications:

- a) Pain relief as supplied eg: Panadol, Tramadol.
- b) Laxatives such as Metamucil or Lactulose.

13. Notify your doctor when the following occurs:

- a) Heavy rectal bleeding with passage of clots or if it soaks through >2 pads a day.
- b) Severe pain not relieved by pain killers.
- c) Temperature more than 38°C.
- d) Drain tube falls out – often this needs to be replaced within 24 – 48 hours.
- e) Heavy drainage of pus.
- f) Passage of stool and gas through the vagina, especially when these were not present before surgery.
- g) Difficulty in passing urine.

14. Review appointment is usually 2 to 6 weeks. If not already arranged prior to discharge, please call 9328 8890 for an appointment.

Any problems or questions, call 9328 8890 between 8.00am – 4.00pm.

After hours and weekends (for urgent or emergency only) text 0432 288 890.

Please note that if you contact the after hours call service, a rostered colleague may respond to your call.

STITZ BATH

You may prepare the stitz bath in a bathtub, shallow bucket or you can purchase a stitz bath from your local chemist.

To prepare a stitz bath please follow these instructions:

- Fill the bath/bucket/stitz with approximately 8 - 10cm of warm water.
- Add ½ cup of salt and stir until dissolved.
- Soak the perineum area for approximately 15 – 20 minutes. This should be performed up to 3 - 4 times a day during the acute period and should be done after each bowel motion for approximately two weeks.
- Carefully pat the area dry with a clean towel when finished.