

POST-OPERATIVE INSTRUCTIONS

FOLLOWING ANORECTAL SURGERY

1. KEEP THE RECTAL AREA CLEAN AND DRY. After a bowel movement, clean your bottom with perianal cleansing pads (e.g., DUDE Wipes®, Tucks®, or generic **baby wipes**), then blot the area dry with white, unscented toilet paper. Change your dressing after each bowel movement, or whenever soiling occurs.

DRESSING: A piece of cotton (from a **cotton roll**) or non-sterile 4x4 gauze pads, placed between your buttocks and held in place with white paper tape, will help keep the area dry. A sanitary napkin worn inside your underwear will work just as well to absorb excess drainage and to keep the area dry. Dressing the anal area does not speed healing, but it will help to prevent moisture rashes and to keep your underwear and bedding clean and dry.

2. REDUCE SWELLING. A sitz bath (warm-water bath) several times a day will provide soothing relief. Ice the area for 10–15 min (a can of refrigerated soda or a bag of frozen peas works well for this) at least 2–3 times a day for 2-5 days after surgery to reduce swelling and aid healing.

3. CALL OUR OFFICE TO MAKE AN APPOINTMENT. We definitely want to see you approximately 100 days after your operation. If you have any symptoms that are not improving, we would like to see you sooner.

4. TAKE YOUR MEDICINE AS PRESCRIBED.

Hydrocortisone cream: For swelling, inflammation, and itching of the anal tissue. **IMPORTANT:** Use hydrocortisone cream and or suppositories several times a day until you are healed. This can shorten your healing time by up to 50%.

Oxycodone/Hydrocodone/Hydromorphone/Codeine: For pain. Do not drink or drive while taking this medication.

5. USE OVER THE COUNTER (OTC) MEDICINE AS NECESSARY:

MiraLAX® (polyethylene glycol 3350) and/or **Colace®** (docusate sodium): Within 24 hours of your surgery, take MiraLAX or Colace to soften the stool and gently stimulate a bowel movement. Double the MiraLAX dose if you do not have a bowel movement after 24 hours and then repeat it every 12 hours until you do. Triple the MiraLAX dose if you do not have a bowel movement after 48 hours and then repeat it every 8 hours until you do.

A&D Ointment/Calmoseptine: to protect and heal skin irritations by creating a moisture barrier, and to treat or prevent dry, rough, scaly, itchy skin. It may be used in place of Hydrocortisone cream if it makes you feel better.