

INSTRUCTIONS AFTER MAJOR RECTAL SURGERY

Below is the general recovery timeline from the procedure:

1-3 Days

For the first 24 hours after your surgery, you should not drive, operate heavy machinery, make important decisions, or sign legal documentation. You should also refrain from consuming alcohol and large or heavy meals. In the first two to three days, I usually tell patients they won't be happy. Clearly, one who has a constant pain in the rear will want to utilize prescribed pain medication along with lotions, suppositories, and anti-inflammatories to assist in all facets of recovery. As soon as you reasonably can, stop taking prescribed pain medication because they are constipating, and then I recommend switching to Tylenol or Ibuprofen for the next one to two weeks.

2-5 Days

It is common to not have a bowel movement for 2-3 days after your procedure, so stay well hydrated, eat fruits and vegetables daily, and consider taking a mild laxative, e.g., MiraLAX, to help this process along. You may need to use painkillers for the first 24-72 hours after surgery. On day 3, we recommend switching to Tylenol or Ibuprofen. You will need to avoid stress to the operative site (such as heavy lifting, pushing, and pulling) for 3-5 days.

1-2 Weeks Warm baths are a lifesaver and assist with pain control. Epsom salt added to the bath may reduce swelling and make you feel more comfortable. Most anal-rectal procedures for full healing take around 6-8 weeks, with us seeing you before this time if your healing stalls, i.e., you do not feel better in any one week, or you feel worse overall during the past 3 days than you did over the previous 3-day period (i.e., 4 to 6 days ago).

Some specifics most patients ask:

- **Exercise** Most clients head back to the gym about a week post-surgery and limit gluteal work until all feels improved—roughly two to three weeks.
- **Intercourse** The majority engage in topping or vaginal intercourse in about one week. We do recommend masturbation first, making sure all works well, since during orgasm, most contract their pelvic floor, and this may lead to pain. Test the waters first.
- **Water**, I am totally fine with pools, Jacuzzis, and I believe getting active in these chlorinated waters assists healing. We would recommend these activities about 2-3 days post-surgery, and showering directly after, followed by the usual post-cleansing rituals.