

Anal Surgery: What to Expect at Home

Your Recovery

The course of your recovery will depend on many factors. The following instructions will help guide your recovery and answer many of the common questions. If you have any questions, please call my office (702)258-7788.

Pain relief: You've been given a prescription for pain medication that should be effective in managing your pain. Do not take it on an empty stomach. Take it with milk and crackers at the very least. As your pain lessens, you can try Tylenol (Acetaminophen) 650 mg every 4 hours or Motrin (Ibuprofen) 200 mg, one to two tablets every 4 -6 hours. Be aware some of these pain medications can cause constipation. See below for preventing constipation.

Wound Care: You will be discharged with packing to the surgical area. Remove the packing the following morning or it may fall out on its own. After the packing is out, begin taking Sitz baths. A Sitz bath consists of a pan or tub of warm water which you soak in for about 20 minutes. After the Sitz soaks use a small pad or gauze to protect your clothing. We recommend Sitz soaks three times a day and after each bowel movement. Maintain this bathing routine for two weeks or until seen by your surgeon. It is ok to use a mild soap on the anal area. Notify your surgeon if you have continuous bright red blood from your surgical site.

Bowel movements: The sooner you can return to regular bowel movements the more comfortable you will be. Drink plenty of water and eat fresh fruits, vegetables, bran cereal, whatever you know works for you. Take one teaspoon of Metamucil in a glass of water or fruit juice twice a day until your first post-op visit to our office. If you go 2 days without a bowel movement, take 2 tablespoons of Milk of Magnesia. This laxative routine is just a general guideline that you can tailor to your needs.

Activity: You may resume any activity that doesn't cause discomfort the day following your surgery. Walking may be more comfortable than sitting. In any event, avoid sitting for prolonged periods of time.

Follow up: You will need to see your surgeon again in 10-14 days. Prior to discharge, if an appointment has not already been made, you need to call the office as soon as possible and make one.