

Hemorrhoid, Sphincterotomy, Rectal/Anal Surgery

You will most likely be able to go home accompanied by a responsible adult. If you had general anesthesia, you may feel drowsy or nauseated for a temporary period of time that may last 12-24 hours.

After Care:

Take a sitz bath (soak in a tub with warm water or use a sitz-bucket purchased in many drug stores filled with warm water) for 20 to 25 minutes three or four times a day for the next 1-2 weeks if needed.

You may apply with hazel or Bleneol cream to the rectal area between baths as needed for dryness or local irritation.

After you have a bowel movement, clean the area with a water-moistened tissue or with a Tucks pad. Baby wipes are cheaper and probable just as effective.

You may have some swelling and weeping of the tissues that have been treated. You can use a sanitary pad to absorb the drainage.

Note that slight blood-tinged drainage is normal. You may actually have some bleeding for 3-7 days after the procedure. Unless bleeding is severe, there should really be no worry. Bleeding may also occur 7-14 days after treatment when the scab comes off. Spotting is normal; heavy clots need to be reported to the office.

The swollen tissue inside the rectum can often cause a false sensation and an urge to move the bowels. Avoid prolonged straining and do not take enemas for at least 14 days after the procedure.

You may shower any time after surgery.

Diet:

You may resume a regular diet when you return home, however it is recommended that you eat light, easily digestible food the day of surgery. The next day begin eating plenty of fruits, vegetable and/or bran flakes and drink plenty of fluids to avoid constipation, particularly if you are taking narcotics for post operative pain control.

Until the rectal area is completely healed, use a stool bulking agent or stool softener daily to keep your bowel movements very soft.

Medication:

Please be sure to take all medications that you usually take on a regular basis. However, it would be a good idea to avoid Aspirin, Motrin or Advil for five days after your operation, unless prescribed or recommended by your surgeon.

Pain medication may have been prescribed for you: you may take it as needed.

Activity:

You should avoid heavy lifting after surgery. Avoid any kind of straining movements, including straining to have a bowel movement.

Start walking the day of surgery and walk a block or $\frac{1}{4}$ mile three times a day, increasing the distance every day.