

Post-Operative Instructions

- 1.** Please take the prescribed pain medication as directed to control pain for about the first 72 hours. Try to switch to over-the-counter non-narcotic pain medication as soon as you can tolerate it. Remember narcotic pain medication will constipate your stool and make bowel movements more painful. Do not take aspirin for 7 days before surgery due to increased risk of bleeding.
- 2.** Continue to take one tablespoon of supplemental fiber such as Metamucil or Konsyl and one stool softener 2 times a day for at least 2 weeks after surgery. If you go more than 24 hours without a bowel movement, take 2 tablespoons of Milk of Magnesia, if no relief in the next 24hrs, please call the clinic.
- 3.** Eat a high fiber diet and drink 8 glasses of water daily.
- 4.** If there is an open wound, wash the area twice daily by sitting in the bath or running warm water over the anus (sitz baths or shower). If your wound is sutured closed, limit shower or sitz bath to less than 2 minutes as soaking for extended periods can cause breakdown. Rinse after each bowel movement. Pat dry gently. Use gauze or a pad in your underwear to protect clothing.
- 5.** Please call our office if you experience the following: a large amount of bleeding or clots, increasing wound redness, fever or chills, increasing pain, or unable to urinate. After hours, call your surgeon's office and ask to speak with the surgeon on call.
- 6.** Normal activity is fine if it does not cause excessive pain. Walking for exercise is recommended.