

**Post-Procedure Instructions:**

1. If you have a dressing in place, remove dressing from the area at first bowel movement, bathing or 24 hours after procedure. Some bleeding or drainage is normal.
2. Wash the area twice daily with warm water. Rinse after each bowel movement. Gently pat dry. Use gauze or a pad in your underwear to protect clothing if necessary.
3. Take pain medication as directed. Using over-the-counter medication (such as Tylenol, Motrin, Aleve, etc.) if needed is preferred.
4. Call the office promptly if you have fevers, chills, excessive bleeding or blood clots, increasing pain or inability to urinate. If you have concerns after hours, you can call the office and ask to speak to the surgeon on call.
5. Normal activity is fine as long as it does not cause excessive pain. Walking for exercise is recommended.