

If you have received general anesthetic:

- Rest at home following discharge today and resume activity as tolerated tomorrow or as per surgeon's instructions.
- You may have a sore throat for the first 24 hours due to the use of a breathing tube while you were asleep.
- Drink plenty of fluids and use throat lozenges or ice cubes for relieving throat pain.

For 24 hours Do Not:

- Drive any type of motorized vehicle
- Ride as a passenger on a motorcycle
- Operate power tools
- Sign legal documents for 24 hours
- Look after dependent persons
- Drink alcohol

We hope your recovery will be comfortable.

The information in this document is intended solely for the person to whom it was given by the health care team

Follow-up Instructions/ Appointment:

**If questions or concerns call
BC Nurse Line: 1 866 215-4700
(604) 215-4700
Hearing Impaired: 1 866 889-4700**

Or contact your physician

**In Emergency:
Call 911 or go to the hospital.**

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Anorectal Surgery

Post-operative Discharge Instructions

Abbotsford Regional Hospital & MMH



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Anorectal Surgery

General Information

The raw areas around the anus take about a month to heal. During this time, there are certain things you can do to promote the healing process.

Expect some swelling at the anal area and also a little bleeding with bowel movements.

During the next few days, you will feel some discomfort and may have muscle spasms with bowel movements. You may fear the first bowel movement after surgery, but don't be afraid to push as hard as you usually do. Delaying your first bowel movement only makes it more difficult. Stool softeners, laxatives, bulk agents, and medications may be prescribed to relieve discomfort.

Do not strain a lot.

If your surgery is a sphincterotomy without any other procedure, you will have minimal pain. You should be able to resume your normal activities and diet. Follow instructions for avoiding constipation.

Avoiding Constipation

A well balanced diet is important for wound healing and to prevent constipation. Include high fibre foods in your diet such whole grain bread, bran cereals, fruits, and vegetables. Drink 8 glasses of fluids without caffeine per day.

Caring for the Wound

The day after surgery:

- You may remove the bandage.
- Wearing soft gauze pads or sanitary napkins in your underwear helps to control fluid drainage, discharge of mucus, and bleeding.
- Change the pad and underwear frequently.
- Good hygiene promotes healing.
- Do Sitz baths after each bowel movement and at least three times each day. Ask the nurse what this is if you do not know. **Check with your surgeon if this is appropriate for your surgery.**

What if I have pain?

Your doctor will prescribe pain medication. Take your medication as needed.

Application of an ice pack wrapped in a light towel every 2-3 hours for 10-15 minutes may help lessen pain.

Lying on your stomach, relieving any pressure off your buttocks for periods at a time may help decrease the swelling and discomfort.

What if I am nauseated?

If you feel sick to your stomach, you may take anti-nausea medication as directed by your medication/bottle instructions, pharmacist or doctor.

What activity can I do?

You recover from surgery by being active. The sooner you mobilize, the sooner you will recover to pre-surgery activity. Mild activities help you get your strength back and prevent the problems caused by inactivity. You will need to take it easy for 7 to 10 days. Complete healing takes about 6 to 8 weeks.

Restrict hard physical activity for the next 3 weeks:

- no long drives/no long walks
- no heavy lifting
- no sexual intercourse
- no sports

Returning to Work

Your doctor can tell you when you are ready to return to work again. You may need to take a few days off if you are moderately active at work or sit for long periods of time – and maybe longer if you are very active on the job.

Call your doctor if you:

- have severe pain
- have pain not relieved by the medicine prescribed to you
- have a fever above 38° C (100.4°F)
- have chills
- have nausea and vomiting that will not stop
- have bleeding that will not stop
- are unable to urinate for more than 8 hours
- have a cough or shortness of breath that will not go away or stop