

## IMPORTANT NOTE FOR OUR SURGICAL PATIENTS

(Prior to your surgery): This *surgical reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your surgery. A night-stand or refrigerator are common places many patients choose. After your surgery has occurred, it is common to have a variety of questions. This surgical reference sheet will be your guide and help answer these common questions:

### Rectal Surgical Patient

#### What to Expect After Surgery

- Some swelling.
- Some discomfort.
- Normal to have small amount of bleeding for 4-6 weeks after surgery.

#### Surgical Site Care Instructions

- You may remove bandages 24 hrs after surgery.
- You may shower 24 hrs after surgery.
- Take a sitz bath 4-6 times a day for 5-10 minutes at a time.
- Do not use any other topical cream or medicine on rectal area for 3 weeks.

#### Pain Mgmt After Surgery

- You will be given an appropriate prescription for pain medicine. Take as directed by your physician.
- After that initial prescription, a patient's remaining pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.
- Sitz baths will give relief.
- Use of a donut cushion will give relief.

#### Other Helpful Information

- May drive once you are no longer using prescription pain medicine.
- Avoid strenuous activity for 2 weeks after surgery. Then proceed with activities as tolerated.
- May use stool softner. If you HAVE NOT had a bowel movement by (the evening) of the second day after surgery, over-the-counter Milk of Magnesium™ can be taken. Follow label instructions.
- Drink 6-8 glasses of water. Keep a high fiber diet or use fiber supplements.

#### When to Contact Our Office

- Fever of 101° or greater.
- Increased swelling.
- Have pus fluid drainage.
- Severe bleeding.
- Experience difficulty urinating.
- No bowel movement (at all) for 4 days after surgery.