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## **INSTRUCTIONS AFTER ANORECTAL SURGERY**

1. You will be prescribed pain medication; take as needed. Do not take pain medication if you do not have pain.
2. Some bloody discharge is expected after anorectal surgery, particularly with bowel movements. Change a dry gauze dressing as needed. Call if bleeding is persistent or profuse. Within 24 hours after surgery, you may also notice passage from the anus of a small piece of soft dressing called gelfoam, which was placed at the time of surgery.
3. Take a fiber supplement (Citrucel, Metamucil, Konsyl or Benefiber), 2 tablespoons in 8 ounces of water twice daily.
4. Take Miralax powder (found on the pharmacy shelf), 1 capful (17 grams) in 8 oz. water or juice twice daily. Avoid straining or sitting on the toilet for longer than 5 minutes as this can cause swelling and bleeding.
5. If you do not have a bowel movement by the third day after surgery, take 4 tablespoons of Milk of Magnesia, and repeat in 6 hours if no results. If still no bowel movement occurs after these measures, please call.
6. Diet should include fruits and vegetables. Avoid spicy foods, tomato products and alcohol. Drink 6-8 full glasses of water daily.
7. At any time, you may take warm baths:
  - First remove any dressing. Then sit in tub of lukewarm water 4-6 inches deep for 10-15 minutes at a time.
  - As an alternative, you may use a hand-held shower spray for cleansing.
  - Pat dry with a soft towel. You may apply Recticare cream, Vaseline, or Neosporin, externally 3-4 times per day.
8. Take a bath after a bowel movement. If you are unable to take a bath, use a moistened towelette (baby wipes or Cottonelle wipes), rather than dry toilet paper. Some pain and oozing is to be expected.
9. Do not take aspirin products, anti-inflammatory medications (e.g. Advil, Aleve, ibuprofen, Motrin), Plavix, Eliquis, or Coumadin (warfarin) until instructed by your doctor. You may continue any of your other regular medications.
10. Activity should be limited to avoid strenuous exercise or heavy lifting. Avoid driving while you are taking prescription pain medication. Walking, climbing stairs and riding in a vehicle may be done in moderation.
11. If you have difficulty urinating, get into a tub of warm water, relax, and urinate right into the tub.
12. Call the office (817-924-9002) to schedule a follow-up appointment after your surgery, as directed by your physician.

### **CALL US AT 817-924-9002 IF YOU HAVE ANY OF THE FOLLOWING PROBLEMS:**

- Fever of 101° F or greater
- Persistent bleeding dripping into the toilet bowl
- Inability to urinate
- Increasing pain unrelieved by pain medication