



Texas Health Care

Colon & Rectal Surgery

Britton R. West, M.D.

Glen D. Hooker, M.D.

Eduardo D. Castillo, M.D.

Lori L. Gordon, M.D.

www.txcolonrectal.com

1420 Eighth Ave., Suite 103

Fort Worth, Texas 76104

Tel: (817) 924-9002

Fax: (817) 924-9960

AFTER ANORECTAL SURGERY

1. Take pain medication 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 dressing called gelfoam, which was placed at the time of surgery.
3. Take a fiber supplement (Citrucel, Metamucil, or Konsyl) 2 tablespoons in 8 ounces of water or juice 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 pain, 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. Beginning on the morning after surgery, start taking sitz baths:
 - First take off the dressing.
 - Sit in tub of lukewarm water 4-6 inches deep for 10-15 minutes, for 3 times daily and after bowel movements.
 - After the sitz bath, gently rinse anal area with water. A hand-held shower spray is ideal for this purpose and may be purchased at a hardware store. Do not use soap. You may use Cetaphil Gentle Skin Cleanser.
 - Pat dry with a soft towel. You may apply Prax lotion, Anusol, Vaseline, externally 3-4 times per day.
 - For a dressing, use gauze, cotton balls or sanitary pads.
8. If you are unable to take a sitz bath after a bowel movement, use a moistened towelette (baby wipes, Cottonelle wipes, Tucks pads, or Fleet pain relief pads) 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, 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 over 101 degrees
- Persistent bleeding dripping into the toilet bowl
- Inability to urinate
- Increasing pain unrelieved by pain medication