## INDRU T. KHUBCHANDANI, M.D. JOHN J. STASIK, JR., M.D. DAVID S. BUB, M.D.

1275 South Cedar Crest Blvd. • Allentown, PA 18103 • 610-433-7571

## INSTRUCTIONS FOLLOWING ANORECTAL OPERATION

DIET

Resume your normal diet. We encourage you to have some roughage with each meal. Avoid hot/spicy foods and beer and wine, as these may cause irritation about the anus. We caution you not to drink alcohol while taking pain medications.

SITZ BATHS

Begin sitz baths the day of surgery – three times daily and after each bowel movement (5-15 minutes of bath water temperature). You may use the tub if the sitz bath itself is uncomfortable. More frequent usage is encouraged if anal discomfort warrants. Make only normal efforts to pass a stool. There may be false urges to defecate after meals, just walk away if nothing happens – the sitz bath is useful if you have these sensations and can help also if you have difficulty urinating. If you cannot urinate and feel uncomfortable, call the office.

DRESSING

Remove the outer dressing tonight. If there is a dressing **inside** the anus leave it in place. If this dressing is extruding the day after surgery, then it may be removed with a slight "tug", but if it is resistant then leave it in place as it will dissolve or fall out in the sitz bath.

PERSONAL HYGIENE

You may use toilet tissue as soon as tolerated. Baby wipes are a soft alternative.

MEDICATIONS

Take Bisacodyl (laxative) tablets at bedtime -

\_\_ Evening of surgery

\_\_ Day after surgery at bedtime

Citrucel is a bulk laxative, which increases the volume of stool through colon water retention, and may be started the day after surgery. Citrucel is a therapeutic fiber to supplement and complement roughage supplied by a proper diet of bran, fruits and vegetables. Take Citrucel as directed to achieve desired effect of regularity and comfort when attention should be directed towards your fiber intake. If you have not had a bowel movement after the third day following surgery, take a Fleet enema or call the office. Pain pills may be taken – one or two every 3-4 hours. These pills are narcotics and there may be a tendency to have dizziness or nausea. There are alternative medications if nausea persists.

GENERAL

Anorectal operations may vary with one, two, three, or more "rows" of stitches, or none at all. The doctor will discuss this with you. If you have stitches they will dissolve. In order for the stitches to dissolve, the tissues about the anus will create an inflammatory reaction, therefore, do not be alarmed by some soreness, bleeding, discharge, or false urges to defecate. Bleeding with the passage of stool is possible up to several weeks following surgery. If the bleeding is heavy and does not stop in a few minutes with gentle pressure (like when you cut yourself shaving), call us immediately. Do not be alarmed by swelling about the anus. These are not hemorrhoids, but simply due to the stitches. Strenuous exercise and heavy lifting are to be avoided for at least three weeks. You may drive when comfortable. Going up and down stairs should be limited if it causes discomfort.

See below for the date and time of your next appointment. Please call the office if you need to change the appointment. We will answer questions that may arise regarding work, sexual relations, diet, and physical activities. Insurance forms and work release can be handled at the office.

APPOINTMENT TO	RETURN TO THE	OFFICE:	

Call the office 610-433-7571 if no appointment is indicated above, or if you have any questions or problems during your convalescence.