



**10503 W THUNDERBIRD BLVD, SUITE 372
SUN CITY, AZ 85351
(623) 875-7330
Fax: (623) 875-7334**

PREPARING FOR YOUR ANORECTAL SURGERY

The success of your surgery depends not only on what happens during your operation and hospitalization but also on what happens between now and the operation. Here are a few tips to help you prepare for your surgery:

- If you **smoke**, try to stop before your surgery.
- Make sure that your surgeon knows what medications you are taking.
- If you take **Aspirin, Motrin, Aleve or Plavix** they should be stopped 7 days before the surgery and should not be taken for 7 days after surgery.
- If you take blood thinners such as **Coumadin**, it should be stopped about 5 days prior to surgery. Ask your surgeon when you should stop this medicine.
- Do not take **Diabetic** medicines on the morning of surgery.
- Generally all other medicines (especially **medicines for high blood pressure and heart conditions**) should be taken up to the time of your surgery. This means that even when you are NPA (not allowed to take orally) you must still take these medicines with a sip of water.
- Do not eat or drink anything after midnight (of course with the above exception)
- On the day of surgery you should arrive at the hospital 2 hours ahead of time. There may be some paperwork and preparations to be done before your procedure and a delay in arrival may cause cancellation of the procedure.
- After your procedure is completed you need a ride back home, you will not be allowed to drive because of the anesthesia or sedation.

ON THE DAY OF YOUR SURGERY

- Do Not Eat or Drink Anything.
- However if you take blood pressure or heart medicines you must take them with a sip of water at least 3 hours prior to your surgery.
- **Fleet Enemas** – Take 1--one hr before leaving home and then take 1--15 minutes before leaving home
- (Occasionally you may be given a full bowel prep for anorectal surgery)

Remember that pre-operation preparation is vital for the successful outcome of your surgery. Let us work together to achieve and have an outstanding outcome. If you have any questions, please call 623-875-7330 during office hours.



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WHAT TO EXPECT AFTER YOUR ANORECTAL SURGERY

PAIN

- Pain is expected after surgery. Pain pills (1or2) may be taken every four to six hours. These pills have a tendency to cause dizziness, drowsiness, nausea and constipation. Do Not Drive a car or consume alcoholic beverages with these pills.
- Sitz baths also help reduce the pain. Sit in a Luke-warm bath for 10-15 minutes 3 times a day and after every bowel movement. One may use the bathtub as a Sitz bath or buy one from the pharmacy.

BOWEL MOVEMENTS

- Do not be afraid to have a bowel movement. Take 2 Dulcolax tablets at bedtime, the night you are home from surgery. If you have no bowel movement by the next day, you may use 2 to 4 tablets before bedtime until you do have one. Once you are having regular bowel movements stop using Dulcolax. Avoid constipation. Prune juice also helps.
- Use Konsyl, Citrucell or Metamucil for 6 weeks and drink plenty of water. One to two teaspoon full 2-3 times a day is sufficient. If you judge the stools to be too loose, or get more than 2 movements per day, cut back on the dose or stop in completely.
- Make only normal efforts to pass a stool, Do Not Strain. Do Not Push. You may feel false urges to defecate – the Sitz bath may be helpful if you have these sensations.

DIET

Resume your normal diet but add more fiber. You are encouraged to take a high fiber diet. Use bran, brown bread, vegetables, beans and fruits to add fiber to your diet. Avoid hot spicy foods, beer, wine, carbonated drinks, coffee or tea as these may cause irritation of the anus.

PERSONAL HYGEINE

You may use toilet tissue as soon as comfort allows. Baby wipes are a softer alternative. Using just plain luke-warm water for cleaning is even better and more comfortable. Gently clean the wound with your fingers as you pour water over the area. After cleaning, tuck in a piece of 4x4 gauze over the area.

GENERAL INSTRUCTIONS

- You have stitches that dissolve. In order for the stitches to dissolve, the tissues about the anus will create an inflammatory reaction and therefore do not be alarmed by some soreness, swelling, bleeding, discharge or false urges to defecate.
- Some Bleeding is possible up to several weeks after surgery.
- Tissue around the anus may be swollen. These are not hemorrhoids but simply a response to stiches.
- Avoid any strenuous exercise, pushing, straining or heavy lifting for at least 4 weeks. You can drive when comfortable but you should avoid prolonged driving.
- You should schedule a follow-up appointment in the office three to four weeks after surgery. Call the office for an earlier appointment if you have excessive pain or fever.



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DISCHARGE INSTRUCTIONS FOR ANORECTAL SURGERY

DIET

Resume your normal diet but add some roughage. You are encouraged to take a high fiber diet. Use bran, brown bread, vegetables, beans and fruits to add fiber to your diet. Avoid hot spicy foods, beer, wine, carbonated drinks, coffee or tea as these may cause irritation of the anus.

SITZ BATH

Take Sitz baths (sit in a luke-warm water bath) for 10-15 minutes 3 times a day and after every bowel movement, starting tonight. You may use the bathtub as a Sitz bath or buy one from your pharmacy.

BOWEL MOVEMENTS

- Take 2 Dulcolax tablets at bedtime the night you are home from surgery. If you have no bowel movement by the next day, you may use 2 to 4 tablets before bedtime until you do have one. Once you are having regular bowel movements stop using Dulcolax. Avoid constipation. Prune juice also helps.
- Make only normal efforts to pass a stool, do not strain. Do not push. You may feel false urges to defecate – the Sitz baths may be helpful if you have these sensations.

PERSONAL HYGEINE

You may use toilet tissue as soon as comfort allows. Baby wipes are a softer alternative. Using just plain luke-warm water for cleaning is even better and more comfortable. Gently clean the wound with your fingers as you pour water over the area. After cleaning, tuck in a 4 x 4 piece of gauze over the area.

MEDICATIONS

- Use Konsyl, Citrucel or Metamucil for 6 weeks and drink plenty of water. One to two teaspoons full 2-3 times a day is sufficient. If you judge the stools to be too loose or get more than 2 movements per day, cut back on the dose or stop it completely.
- Pain pills (1 or 2) may be taken every four to six hours as needed. These pills have a tendency to cause dizziness, drowsiness, nausea and constipation. Do not drive a car or consume alcoholic beverages with these pills.

GENERAL INSTRUCTIONS

- You have stitches that dissolve. In order for the stitches to dissolve, the tissues about the anus will create an inflammatory reaction and therefore do not be alarmed by some soreness, swelling, bleeding, discharge or false urges to defecate.
- Some Bleeding is possible up to several weeks after surgery.
- Tissue around the anus may be swollen. These are not hemorrhoids but simply a response to stitches.
- Avoid any strenuous exercise, pushing, straining or heavy lifting for at least 4 weeks. You can drive when comfortable but you should avoid prolonged driving.
- You will be seen in the office 3-4 weeks after surgery. Call the office for an earlier appointment if you have excessive pain or fever.