

## Post-Outpatient Surgery Discharge Instructions Anorectal Surgery

**Do not drive, drink alcohol, operate machinery, or sign legal documents for 24 hours.**

**Activity:** If you received medication for pain or sedation today, do not take any tranquilizers or sedatives for 24 hours.

Avoid strenuous physical activity, lifting over 15 pounds, bending or exertion until allowed by your surgeon.

May walk as tolerated.

May return to work or school when tolerated or after seen by surgeon.

**Diet:** Soft, low fat diet following surgery. If you have had a general anesthetic, begin by taking liquids slowly and advance gradually to soft solid foods.

You may be slightly nauseated after surgery, but this should go away within 24 hours.

Avoid heavy, greasy, and spicy foods for at least 24 hours.

It is important to drink plenty of fluids and remain well hydrated after surgery.

### Wound Care:

May resume tub bath/shower within 24 hours.

Apply ice pack to the incision site for 15-20 minutes every 3-4 hours as needed for 24-48 hours.

Anal Care - warm tub/sitz bath with 1 cup Epsom Salt 3-4 times daily and after bowel movement.

### Medications:

May resume normal medications unless instructed otherwise.

Narcotic pain medications per prescription.

Ibuprofen (Motrin or Advil) or Acetaminophen (Tylenol) as needed for discomfort.

Take Metamucil or similar fiber product with stool softener to avoid constipation,

Make and keep a list of all of the prescriptions and over the counter medications you take and bring to office visits.

Restart blood thinners i.e. Coumadin, Lovenox as instructed (if applicable) by your surgeon.

### Call Surgeon if:

Changes in wound appearance: Excessive swelling, bleeding or odorous drainage at incision site.

Intolerable pain not relieved by pain medication.

Temperature of 101°F or above, chills, sweats.

Unable to urinate within 6 hours of leaving the hospital or worsening abdominal pain/distension.

Persistent nausea/vomiting, jaundice, or any acute change in condition.

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**Dr. Daniel Gay | General Surgeon**



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ASSOCIATES