

Postoperative Instructions

Anorectal/Hemorrhoid Surgery

1. Activity

- Go straight home after procedure. Rest for the first 24 hours after surgery.
- Gradually resume light activity as tolerated. You may walk and use stairs.
- Avoid heavy lifting (over 15 lbs) or strenuous exercise until cleared.
- Do not drive, operate machinery, or make important decisions for 24 hours.
- Avoid prolonged sitting or pressure on area. Use padding or cushion.

2. Diet

- Start with clear liquids and progress to a regular diet as tolerated.
- Avoid alcohol for 48 hrs and while taking pain medications.
- Drink plenty of fluids unless otherwise instructed.

3. Medications

- Take prescribed medications as directed.
- Take a stool softener and fiber supplement for the next month.
- Restart home medications as directed on your discharge paperwork. Restart anticoagulants as instructed.

4. Wound Care

- May shower in 24 hrs.
- Soak in warm bath with epsom salts 2-3 times per day.
- No smoking as it impairs wound healing.
- You may use gauze, a pad in your underwear, or adult diaper to absorb drainage.
- Avoid excessive wiping—use moist wipes or rinse gently after bowel movement.
- Swelling or discharge is normal during healing.

5. Pain Management

- Use prescribed pain medication as directed.
- Do not take any sleep aids, tranquilizers, or sedatives while taking pain medications.
- You may use over-the-counter pain medications such as Tylenol or Ibuprofen if previously discussed.

6. When to Call Your Doctor

- Fever over 100.4°F (38°C)
- Severe or worsening pain not relieved by medication
- Excessive bleeding (minor bleeding is expected)
- Difficulty breathing, chest pain, calf pain, persistent nausea/vomiting
- Any other concerns

7. Contact Information

- Office Phone (any time day or night): 208-321-4790
- Non-urgent questions/concerns please email: Assistant@capsurgical.com
- Emergency: Call 911 or go to the nearest Emergency Room.

8. Follow-Up with Dr. Gay as scheduled, typically 1-2 weeks after surgery.