

Sacramento Colon & Rectal Surgery Medical Group

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Aftercare Instructions for Anorectal Surgery

If you experience any of the following, please call us or go to the emergency room:

- *Chest pain or shortness of breath
- *Uncontrollable nausea, vomiting, or if you are unable to keep liquids down
- *Worsening or severe rectal pain
- *A temperature of 100.5 degrees or higher or severe chills
- *If you pass large amounts of bright red blood and/or blood clots or are soaking through your dressing/clothing with blood
- *Redness, swelling, warmth around your surgery incisions
- *Difficulty urinating after surgery

Follow-up Appointment

*It is important that you schedule a 3-4 week follow up appointment to be seen after your surgery. If you don't receive a call from our office within 3 days of your surgery, please call us to schedule this appointment.

Activity After Surgery

*It is important for you to be active after your surgery. You should be up and walking around your house and in your neighborhood at least 5 times per day. Start with short distances and times. As you regain your strength, you can increase your distance and time spent walking.

*You should avoid lifting 15 lbs. or more, bicycle riding, and squatting for 2 weeks after procedure. You should also avoid being on your feet for prolonged periods of time for the first 2-3 days (walking or standing for more than 30 minutes at a time).

Diet After Surgery

*You can follow a regular diet as tolerated. Fiber is important to have in your diet after hemorrhoid surgery. Fruits, vegetables, and whole grains should be a part of your diet. You should aim for 20-30 grams of fiber per day. If you need additional fiber, it is recommended that you use an over-the-counter fiber supplement such as Benefiber, Citrucel, Metamucil, or the generic equivalent of any of these. You

should aim to drink at least 48-64 oz. of water throughout the day to keep yourself hydrated and help with digestion after surgery.

Wound Care After Surgery

*A gauze dressing will be placed on the outside. You can remove this gauze 8 hours after surgery to soak in the bathtub or shower. After soaking/showering, you should replace this with gauze or woven cotton round pads to help with absorption of any bleeding/discharge from your surgery wounds. Sometimes a special gauze is placed inside to help reduce bleeding. This will come out with your first bowel movement and does not need to be replaced.

*It is okay to shower or soak in the bathtub with warm water for 10-15 minutes 3x per day and after bowel movements. This can help to soothe the area and will also clean the area. You can start this 8 hours after surgery. Do not scrub the area with soap. Just allow warm water to run over the area.

*If you prefer, you can use water-based, fragrance-free wipes or wet toilet paper to clean after going to the bathroom.

*It is normal for there to be a small amount of bleeding after surgery. Bleeding with bowel movements or some spotting of blood on the gauze dressing/cotton round pads is normal and expected. There will also be mucus discharge after surgery until the wounds are completely healed. Passing large amounts of bright red blood and/or blood clots every 30 minutes to 1 hour or bleeding that seeps through the dressing and/or your clothing is more than expected, and we ask that you call our office or go to the emergency room to address this.

*After cutting out your hemorrhoids, we place stitches in the wounds. The outside stitches typically last 4-7 days after surgery. It is not uncommon for the wounds to open up as they are stretched during bowel movements. The internal stitches typically last 6-8 weeks after surgery. You may notice a stitch hanging out. You may accidentally tug on the stitch when wiping after a bowel movement. It is okay to cut the stitch if you'd like, or it can be cut at your first office visit after surgery.

Pain Management and Constipation After Surgery

*Pain is expected after surgery. As discussed in the office, the first two weeks are typically the worst. You can take extra strength Tylenol/acetaminophen, ibuprofen, Advil, Motrin, or Aleve as needed for pain. You can also apply ice packs or heating pads and soak in warm water in the bathtub or shower. If this does not control your pain, you can take any prescribed opioid pain medications that will likely include oxycodone, hydrocodone, or tramadol. Be sure to tell your doctor if you have had any allergies or reactions to these medications in the past. The prescribed pain medication may also include Tylenol/acetaminophen, so be sure that you do not take more than 4000 mg per day as it may affect your liver. The prescribed pain medication is written to last for 5-7 days after surgery if taken as prescribed. Take it as directed and do not exceed the recommended dose. Ensure that you take the medication with food in your stomach to limit nausea and vomiting. Dizziness, lightheadedness, drowsiness are also common side effects. **Do not drive, operate machinery, or make important decisions while taking these medications.**

*To minimize constipation while taking opioid pain medication, you should be on a stool softener. You can take Colace (docusate/DSS) which may be prescribed but is also available over the counter. You can also take Miralax (available over the counter) 1 adult dose daily. If you find yourself having loose stools, you can stop these medications.

*The first bowel movement may take 2-3 days, if there is no bowel movement after 48 hours, add Milk of Magnesia 2 tablespoons in the morning and evening until a bowel movement occurs. If it is 4 days, and no bowel movement has occurred, give our office a call.

If you have any other questions or concerns not addressed by this, please call us or send us a message through the Sutter My Health Online portal.