

# Post-op Instructions: Anal Surgery

## What can I eat?

You may eat anything, but use common sense.  
It is important to have easy, daily bowel movements.

## How can I have an easy Bowel Movement everyday?

Use Metamucil: 1 teaspoon in 12 ounces of water:  
Twice a day: every morning,  
and evening for 3 months.

### List of what you need:

1. Sitz Bath
2. Prescription Lidocaine Jell
3. Prescription pain pills
4. Advil
5. Peri-pads (liners)
6. Tucks
7. Cotton Q-tips
8. Metamucil

## What can I do to relieve the pain?

### 1. Sitz Bath:

Taking a sitz bath will help more than anything else. You may take one every 1-2 hours if needed. Many patients find that having the bowel movement *while taking a sitz bath* eases the discomfort.

### 2. Lidocaine Gel:

This is a vaseline gel mixed with lidocaine (an anesthetic). You can apply it gently on the wounds and up inside the anal canal just 1/2 inch, before the bowel movement. This can be applied slowly with your finger, or a q-tip cotton swab. The vaseline will help the stool evacuate, and the lidocaine will 'cool' the area.

### 3. Pain Medication:

- You will be given a prescription for strong pain medication. Take these pills as directed.
- In addition to these pills, take Advil: 2 pills - 4 times a day. This will lessen the swelling, and decrease the pain.

## How do I care for the wound?

1. Remove the gauze dressing, and take your first Sitz bath at \_\_\_\_\_ p.m. today.
2. You may use a peri-pad (or liner) to wear thereafter to protect your clothing.
3. Use Tucks or nonalcoholic baby wipes to cleanse after a bowel movement.
4. Don't be concerned about a small amount of bleeding or drainage from the wound. This may occur for weeks, until the wound heals.

## When do I see the Doctor?

Make an appointment to see your doctor in \_\_\_\_\_ weeks.

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**Call your doctor immediately if you develop problems with urinating, fever, or heavy bleeding.**