

ROUTINE POST OP INSTRUCTIONS FOR PERIANAL SURGERY

1. You may resume your normal diet
2. Do not drive until cleared after your first post op visit
3. No heavy lifting for 1 week
- 4 You may experience pain for the first week following surgery. If you have been given a prescription for a pain reliever, do not drive or operate hazardous equipment or machines. You should not consume alcohol while taking these medications.

In order to avoid the constipation associated with narcotic pain relievers, you should also take:

- Colace 100 mg twice a day with glass of water

- Miralax mix 1 capfull with a glass of water once a day

The following medication is to be applied topically for pain relief

- Anusol HC ointment apply four times a day

5. You may have a white packing material in the anal canal. If it comes out do not be concerned, as it should be taken out in the morning if it has not fallen out already.
6. Take warm sitz baths after each bowel movement and three times a day.
7. Call to confirm an appointment in the office for about one week from the date of surgery.
8. Notify the office if you notice any of the following:
 - Increased pain at the site of the incision
 - Redness at the incision site
 - Difficulty voiding
 - Fever or loss of appetite