

Bay Area Colon & Rectal Surgeons
Samuel C. Oommen, M.D; Ran S Kim M.D; Brian McGuinness, M.D.
365 Lennon Lane Suite 290
Walnut Creek, CA. 94598
(925) 274-9000

Instructions Following Anorectal Surgery

Pain & Discomfort

There is usually some bleeding and discomfort associated with bowel movements 1-2 weeks after surgery. However, if you experience excessive bleeding, increasing pain or develop a high fever, please call our office. It is also common for a hard, uncomfortable “lump” to form, as well as pressure sensations in your rectum. This is a normal occurrence that will heal gradually as your body adjusts to the trauma undergone during surgery. If you need to refill your pain medication, please call your pharmacy and have a refill request sent to our office, and allow up to 48 hours for your request to be refilled.

Urinary Symptoms

Some patient’s experience difficulty urinating after surgery. This is usually relieved by warm sitz baths.

Diet

It is important that you stay on a high fiber diet. Drink at least 8 glasses of water a day and avoid excessive quantities of milk products to prevent constipation and hard bowel movements.

Activity

Do not do any heavy lifting or straining the week following surgery. Try to avoid driving as much as possible during the first week. You can return to work 1-2 weeks after surgery, depending on the recommendations of your physician. If you had a PPH procedure, you may be able to return to work earlier.

Local Care of The Wound

Soak in a bathtub for 15 minutes 3-4 times a day to help clean the area, decrease swelling, and relieve muscle spasms. To sooth the area, apply **Balneal Lotion** with a damp washcloth. Afterwards, to absorb the moisture and secretions of the incision site, gently tuck a piece of gauze or cotton. Please do not use any tape.

Constipation

When you arrive home take one heaping teaspoon of **Metamucil** and mix it with water or juice at least 2 times a day. Continue this for one month. It is common not to have a bowel movement 2-3 days after surgery. If this happens, take 2-3 tablespoons of **Milk of Magnesia**. If this does not produce results, call your physician. It is very important not to strain during bowel movements, as the area is very delicate