

## DISCHARGE INSTRUCTIONS AFTER ADVANCEMENT FLAP REPAIR OF ANAL FISTULA

### WHAT TO EXPECT AFTER ANORECTAL SURGERY

- You should expect a fair amount of pain
- You may pass blood with bowel movements which is normal
- Passing large blood clots or enough blood to fill a coffee cup should prompt a phone call
- You may have rectal discharge/drainage/itching or pain for a few weeks
- You may have irregularity to your usual bowel habits

**DIET AND BOWEL HABITS:** Eat your usual diet with plenty of fruits and vegetables and bran cereal. Drink about 8 glasses of fluid/water daily. We strongly recommend a fiber supplement like Citrucel or Metamucil taken once or twice daily. You preferably should have a soft, yet formed BM daily without straining. You should take a laxative while on narcotics. Options include Miralax 1 or more tablespoons daily, Kondremul 1-2 tablespoons daily or Dulcolax 1 tablet 2 times per day. If you have not had a BM in 48 hours, you may take Milk of Magnesia, 1-2 tablespoons every 2 times per day until you have one. If you are having liquid BM's, then stop.

**CARE OF ANUS AND SURROUNDING SKIN:** Following a BM, you may gently wash with a moist Kleenex or take a shower. Try to do warm showers twice a day especially for the first week, then less as you feel better. Soap is not necessary. Dry thoroughly, and feel free to use roll cotton or gauze between your the buttocks to absorb drainage. "Donut" cushions are not recommended; use a soft pad or pillow to sit on.

**WOUND PACKING:** You may have packing in the external fistula wound. Please remove this in 48 hours. If you have a drain, Dr. O'Brien will let you know when it will need to be removed.

**PAIN MEDICATION:** If you need refills that are not included with your original prescription, please call the office during office hours (M-F 9am to 5pm) to request a refill. Refills will not be given on weekends/nights by the on-call physician. Allow 24-48 hrs for a refill.

**ACTIVITY:** No heavy activity or lifting for a month after the operation. Driving should wait until at least 48 hours after surgery and no narcotics within 8 hours of driving. Each patient and each procedure is different.

**URINARY ISSUES:** It is very common to experience some difficulty emptying your bladder for the first few days. Warm baths, more activity and less pain medicine is helpful. If you cannot empty your bladder at all and it is getting increasingly painful, go to your nearest ER, because you may need to be

catheterized.

**FOLLOW-UP:** Please call the office at 503-281-0561 to schedule a follow-up visit. You should be seen in 6 weeks. However, if you are experiencing increasing pain, fever (>101 F), or any other concerning issues call to be seen sooner.

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