THE OREGON CLINIC | Specialty Medicine with Commitment, Care & Compassion

Gastrointestinal & Minimally Invasive Surgery Division

INSTRUCTIONS FOLLOWING ANORECTAL SURGERY

DO NOT BE ALARMED IF YOU EXPERIENCE ANY OF THE FOLLOWING:

- Blood of slight amount accompanying bowel movements
- Drainage (discharge)
- Itching, soreness, or difficulty in regulating bowel movements

Such symptoms are frequently experienced and are temporary.

CONTACT OUR OFFICE IF YOU EXPERIENCE THE FOLLOWING SYMPTOMS:

- Temperature over 101 degrees or shaking chills
- Nausea or vomiting
- Change in urination or no urine output for 10 hours
- Excessive bleeding (more than one half cup and continues)
- Pain not relieved by prescribed pain medication
- No bowel movements for 2 days
- Swelling or redness around the rectum

PRESCRIPTIONS/REFILLS: Have your pharmacy staff call during our office hours (Monday through Friday: 8:30 am to 4:30 pm). Since proper office records must be kept, REFILLS CANNOT BE GIVEN ON WEEKENDS AND HOLIDAYS. Follow directions on label. **Do not drink alcoholic beverages or drive a car while taking pain medications.**

DIET: Eat your usual diet. However, constipation may be avoided by including fruits and fruit juices, raw and cooked vegetables and cereals, etc. Fluids should be taken freely, preferable two glasses of cool water on arising and six to eight glasses during the day.

BOWEL HABIT: Preferably, one formed bowel movement daily is desired. Take one rounded tablespoon of a bulk forming fiber supplement such as METAMUCIL, CITRUCEL, OR KONSYL in a glass of water twice daily. Also, take one or two tablespoon of a gentle laxative such as KONDREMUL, HALEY'S M.O, OR PHILLIPS M.O. Start with two tablespoons, 3 times a day until first bowel movement (more if constipated, less if too loose).

CARE OF THE ANORECTUM: Following bowel movements, wet cotton or Kleenex should be used for cleaning purposes. Be sure to blot and not wipe; then blot dry. Tuck's pads may be used if you prefer. Hot tub baths should be taken at least two or three times daily and preferable after every bowel movement. Following the bath, dry the area with a towel (remember to blot and not wipe), and then apply a small wisp of cotton. You may apply baby powder or cornstarch to prevent sticking. Change the cotton wisp frequently to absorb the irritating discharges. Topical agents may be prescribed by your doctor; apply as instructed. Do not use "donuts" to sit on because this may increase pressure and pain in the anorectal region.

ACTIVITY: Stair-climbing, driving and sexual intercourse may be resumed consistent with your comfort. Some restriction of activity for about two weeks following surgery is suggested.

RETURN APPOINTMENTS: When you get home, please call the office at 503-281-0561 to schedule a follow up appointment, stating that you are a "postoperative" patient.

IN THE EVENT OF PASSAGE OF LARGE BLOOD CLOTS OR SEVERE HEMORRAGE (BLEEDING), CONTACT THE OFFICE IMMEDIATELY AT 503-281-0561 (or through the exchange at 503-963-6136).

Instructions given by: _____ Date: _____

Patient Released to: _____

Rehan Ahmad, MD ● Roy Breen, MD ● David O'Brien, MD ● Mark Whiteford, MD
503.281.0561