

## **PERIOPERATIVE SERVICES**

### **Post-Operative Instructions**

#### **Rectal Surgery**

#### **(Haemorrhoidectomy, Fistulotomy, Fissurectomy)**

##### **PAIN:**

You will have pain – take medication as prescribed by Physician. Pain can be managed by applying lukewarm compresses to the area. Having sitz baths or bathing in lukewarm water is soothing and should be done at least three times each day and after bowel movements. J-Clothes are excellent for washing because of their softness. Keep the area clean and dry; try to avoid irritation.

##### **OPERATIVE SITE:**

You may have a small amount of yellowish, blood-tinged rectal discharge for 2-4 weeks after surgery. This drainage may increase slightly after bowel movements.

##### **ACTIVITY:**

Avoid prolonged sitting or standing. Walking is encouraged. You may use an inflated rubber or foam ring to sit on. Strenuous activity should be avoided until the area is completely healed (3-4 weeks). Regular exercise and light lifting can be resumed as tolerated.

##### **DIET:**

Have a diet high in fiber and protein and drink plenty of fluids. Your surgeon may prescribe a laxative or stool softener to take at home. Avoid constipation and straining during bowel movements.

##### **FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

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**Call your Surgeon immediately or go to the Emergency Department if you have any of the following:**

- excessive bright bleeding from your operative site. Bleeding with bowel movements would not be unusual for the first few days
- fever for more than 24 hours
- foul smelling drainage from the wound
- severe pain not relieved by medication

**Do not take medications with Aspirin until authorized by Physician.**