

# Post-op Instructions: Anal Surgery

## What can I eat?

- You may eat anything, but use common sense.
- It is important to have easy, daily bowel movements.

## How can I have an easy Bowel Movement everyday?

Use Metamucil: 1 teaspoon in 8 ounces of water,  
a twice a day for 3 months.

### List of what you need:

1. Sitz Bath
2. Prescription Lidocaine Jell
3. Prescription pain pills
4. Advil
5. Peri-pads
6. Nonalcoholic baby wipes
7. Cotton Q-tips
8. Metamucil

## What can I do to relieve the pain?

1. Sitz Bath: Taking a sitz bath will help more than anything else. You may take one every hour if needed. Many patients find that having the bowel movement while taking a sitz bath eases the discomfort.
2. Lidocaine Jell: This is a vaseline jell mixed with lidocaine (an anesthetic). You can apply it gently on the outside wounds and up inside the anal canal just ½ inch, before the bowel movement. This can be applied slowly with your finger, or a q-tip cotton swab. The vaseline will help the stool evacuate, and the lidocaine will 'cool' the area.
3. Pain Medication:
  - You will be given a prescription for strong pain medication. Take these pills as directed.
  - In addition to these pills, take Advil: 2 pills - 4 times a day. This will lessen the swelling and pain.

## How do I care for the wound?

1. Remove the gauze dressing and take your first Sitz Bath at \_\_\_\_\_ a.m. / p.m. today / tomm
2. You may use a peri-pad (or liner) thereafter to protect your clothing.
3. Use Tucks or nonalcoholic baby wipes to cleanse after a bowel movement.
4. Don't be concerned about a small amount of bleeding or drainage from the wound. This may occur for weeks, until the wound heals.

## When do I see the Doctor?

Make an appointment to see Dr. \_\_\_\_\_ in \_\_\_\_\_ weeks.

Call Immediately \_\_\_\_\_ for Fever, Heavy Bleeding,  
or problems with Urination.