

# SURGICAL ASSOCIATES OF TRAVERSE CITY, P.L.L.C.

1221 Sixth Street, Suite 306 • Traverse City, Michigan 49684 • (231) 935-2400 • Fax (231) 935-2424

## Discharge Instructions for Anal Surgery

### Hemorrhoidectomy

PPH (Procedure for prolapsed hemorrhoids)  
Lateral Internal Sphincterotomy

### Fistulotomy/Fistulectomy

Fissurectomy  
Anoplasty

### Wound Appearance and Care

- **Hygiene:** In general moist wipes (tucks pads, baby wipes etc.) are gentler on wounds. You may use soap and water in shower/ tub bath after a bowel movement.
- Take tub bath or sitz bath **at least** 3 times a day and more often as desired for discomfort. Use plain warm/hot water. Additives to water are not necessary.
- Clean wounds with soap and water daily.
- If there are sutures present they will dissolve away in approximately 2 weeks.
- Some drainage/discharge is common; use light pad to protect clothing.
- Light bleeding with stools can be normal for the first 2 - 3 weeks.

### Pain Management

- Use an over the counter stool softener (Colace). Take 1 twice a day as needed in addition to the fiber supplement.
- Non-narcotic analgesics should be used to reduce narcotic needs. NSAIDS, such as Naproxen, Ibuprofen, Toradol, are useful.
- Narcotic prescription may be given for breakthrough pain.
- Generally ointments/creams are not needed but may be used if comforting. Avoid suppositories.
- Use Milk of Magnesia or other gentle laxative if no bowel movement within 3 days of surgery.

### Call if you have any of these symptoms

- Profuse bleeding; repeated passage of large clots.
- Fever greater than 101 degrees orally.
- Worsening pain not controlled by pain medicine.
- Inability to urinate or voiding frequent small amounts.

### Activity

- Resume to tolerance. Avoid heavy lifting for one week.

### Diet

- Drink at least six to eight, 8 oz. glasses of fluids daily.
- Return to your normal diet as tolerated.
- Be sure to increase fiber in your daily diet (fruits, vegetables, whole grain breads, and cereals). This is important while taking pain pills as they can cause constipation.
- Take pain medication with food or milk to prevent upset stomach.
- Use fiber supplement daily (15 gm. of fiber daily) i.e.; Metamucil, Citracel, Benefiber, Konsyl etc.

**Additional Instructions** \_\_\_\_\_

**Call 231-935-2400 to arrange a follow-up appointment in \_\_\_\_\_ days/weeks.**

**Should you have any questions or concerns please call Surgical Associates nurses' station at 231-935-2417. After 5:00 PM, call Munson Hospital at 231-935-5000 and ask for your doctor. There is always a doctor on call for our practice.**