



Patient Information: Post-Op Instructions for Anal Surgery

by Dr. Jose Erbella

Procedures	Hemorrhoidectomy, PPH, Excision of Anal Mass, Drainage of Abscess, or Fistulotomy.
Wound Care	<p>Please remove any anal packing and dressings during a sitz bath the morning following your surgery. The dressing may fall off or out prior to that time, which is fine (do not replace).</p> <p>Please perform sitz baths or tub baths once each day as well as after each bowel movement (10-15 minute soak in warm, soapy water). You may do this more frequently for cleanliness or if they help relieve discomfort.</p> <p>Do not sit on a "donut". For prolonged sitting, use a pillow or Styrofoam pad.</p>
Pain Medication	You will be given a prescription for a narcotic pain medication (usually Lortab or Percocet). You may use this if necessary, however, narcotics are constipating and may make your bowel movements more painful. Options for non-constipating pain medications include products that include Ibuprofen or Tylenol.
Bowel Medications	<p>Please take 1 tablespoon of Metamucil, Citrucel or other fiber supplement of your choice once each day. Dissolve this in a glass of water or juice. Drink an additional 8-10 glasses of water during the course of each day.</p> <p>You may use a stool softener (Colace) up to 3 times each day if you feel that it helps.</p> <p>If you go 48 hours without a bowel movement, take 1 tablespoon of Milk of Magnesia. If you do not have a bowel movement within 24 hours of taking Milk of Magnesia, you may take another tablespoon. If you do not have a bowel movement for a total of 4 days, please call our office.</p>
Activity	Rest today. Do not do any heavy lifting (more than 10 pounds) or vigorous exercise for 5 days.
Urination	If you cannot urinate, sit in a warm bath then try again.
Diet	You can eat anything you desire.
Return to Work	You may return to work in 1 week .
Physician Appointment	Call (941) 896-4788 to make your post-operative appointment to see Dr. Erbella in 1-2 weeks or if you have any questions.
When to call your Surgeon	<p>Persistent fever over 101.5 degrees F (39 C).</p> <p>Pain that is not relieved by your medications.</p> <p>Persistent nausea or vomiting.</p> <p>Persistent cough or shortness of breath.</p> <p>Purulent drainage (pus) or bleeding from any incision.</p> <p>Redness surrounding any of your incisions that is worsening or getting bigger.</p> <p>If you are unable to eat or drink liquids.</p>
In Case of Emergency	Dr. Erbella is available 24hrs a day. You may call either our office (941) 896-4788, your nearest emergency room at Blake, Lakewood Ranch or Manatee Hospitals or Dial 911.