

# Patrick Moore, MD, FACS

## Anorectal Surgery Post-Operative Instructions

### PAIN MEDICATION

1. You will be given a prescription for pain medication as needed. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like Extra Strength Tylenol for pain relief.
3. If you experience nausea and/or vomiting, maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

### DRIVING

1. Do NOT drive.
2. Do NOT drive while taking the prescription pain medication.

### WOUND CARE

1. It is safe to shower. You may use a hand- held shower nozzle for the anal area.
2. **DAY 1:** Ice the anus 5- 10 mins. Every hour, or as needed, for the first 24 hours. (This will help reduce swelling.)
3. **DAY 2:** Take warm Sitz Baths as needed.

### ACTIVITY

- Keep activity light. You may walk outside or upstairs. No lifting over 10 lbs.

### DIET

1. Start with a CLEAR LIQUID DIET and start working in solid foods as tolerated.
2. Drink plenty of fluids.

### PAGE THE DOCTOR

### IF YOU EXPERIENCE:

1. Unusual discharge from the wound.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call us to schedule a follow-up appointment within 2 weeks following your discharge.

**Please call Dr. Moore's pager number if you have ANY serious concerns or questions after surgery.**