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**COLON & RECTAL SURGERY, COLONOSCOPY** North Clinic PA

Scheduling: 763-587-7752 Nurse Line: 763-587-7753 Fax: 763-587-7075 [drisaac.net](http://drisaac.net)

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## Post-Op Instructions for Anorectal Surgery

Make sure to read all the instructions and contact us with any questions.

Please go home and rest. Avoid a sitting “doughnut” and use a fluffy soft pillow instead. Try to change positions frequently and place an ice-pack close to the surgical site, on and off for the first 24 hours after surgery. An icepack is usually provided at the hospital. If not a zip-lock bag with crushed ice works well. One or two days “off your feet” will make a big difference in your recovery.

Make sure to call our nurse line (763) 587-7753 the morning after surgery to make a follow up visit with your surgeon for two to four weeks post-procedure.

Starting the day after surgery, a sitz bath or a tub bath with warm clean water can help alleviate some of your symptoms. These baths should be short (10-15 minutes) and can be repeated up to 4-5 times a day. If you don't have a tub, a warm shower can substitute.

Take the pain medication as directed. Do not take more than as written on your prescription. If you are running low on medications call our office during business hours.

Constipation is one of the major side effects after anorectal surgery. Start the morning after surgery taking two tablespoons of milk of magnesia and a fiber supplement (Benefiber™, Citrucel™, Metamucil™, etc). Drink plenty of liquids and stay on a soft diet for a week. Avoid very spicy or greasy food and chew your food well.

A small amount of bleeding or drainage is expected. If you notice a lot of blood, please contact us. No stitches need to be removed; they dissolve or simply fall off. Do not pull on them or cut them.

Our telephones are answered 24 hours a day. In case of emergency call 911

For more information call our nurse line or please go to our website [www.drisaac.net](http://www.drisaac.net). Look for patient education and instructions.