

## MCRS Anorectal Surgery Discharge Instructions

### Activity:

- Do not drive for at least 24 hours after your operation or while taking narcotic pain meds.
- You may return to work whenever you feel comfortable doing so.
- Do not make important personal or financial decisions if you are taking narcotic pain meds.
- After surgery you may develop urinary retention, if you cannot urinate within 6 hours following surgery you may need to go to the hospital to have a urinary catheter placed.

### Bathing and wound care:

- You may shower.
- You may also take a tub bath or sitz bath 2–3 times a day to clean the surgery area.
  - A sitz bath is a bath you take sitting up in a tub shaped like a chair, soaking only your hips and buttocks.
- It is normal to see small amounts of mucus (thick liquid) or blood at your incision for one to two weeks.

### Medicines:

- **Ibuprofen:** Take 2–3 pills (200mg each) every 6 hours as needed for pain. Do not exceed 3000mg in one 24-hour period.
- **Acetaminophen:** Take 2 pills (325mg each) every 6 hours as needed for pain. Do not exceed 3000mg in one 24-hour period.
- **Oxycodone:** Take 1–2 pills (5mg each) every 4-6 hours as needed for pain. Do not take more than 12 tablets in 24 hours.
- **Colace:** Take 100 mg twice a day to prevent constipation.
- **Valium:** Take one tablet (2mg each) as needed every 8-12 hours for muscle spasms
- **Metamucil:** a fiber supplement: Take 1 tablespoon in 8 ounces of water or juice a day to prevent constipation.

### Constipation:

- **If you do not poop for 2–3 days following surgery,** take a laxative (Dulcolax, Bisacodyl, Miralax, Magnesium Citrate). Follow the instructions on the package.

### Eating and drinking:

- You may resume your regular diet as tolerated.

### Concerning Symptoms:

- A temperature more than 101° F unless you had an abscess drained in which case fevers are common and expected for a few days after surgery.
- Pain that is getting worse and is not relieved by prescription pain medicine
  - **Note that hemorrhoidal excisions and THD procedures can be painful for 5-7 days.**
- Bleeding that is soaking through gauze pads or bleeding that shoots across the room.
- If you think you are having an emergency, notify the clinic and proceed to the nearest ER.
- Our practice maintains privileges at:
  - Holy Cross Silver Spring/Germantown, Shady Grove Adventist, Suburban, Sibley

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