



Ritha M. Belizaire MD FACS FASCRS
Colon & Rectal Surgery

phone (call or text): 832-979-5670
fax: 832-346-1911
info@houstoncommunitysurgical.com
www.houstoncommunitysurgical.com

Anorectal Surgery Post Op Instructions

The long acting local anesthesia will wear off approximately 24-48 hours after the procedure.

You may have a small absorbable sponge in the anal canal which will come out with your first bowel movement and it may look like a large blood clot. You do not have to replace this gauze inside the anal canal. You can, however, replace a gauze on the outside if there is still residual bleeding. You can remove all the tape and gauze in a warm bath when you get home. You can dress the wound afterwards with a small piece of gauze held in place with tight fitting cotton underwear rather than tape. A menstrual pad also works well to dress the wound.

You should expect severe pain for 2-4 weeks post op if you are having a hemorrhoidectomy. In some cases, the pain may last up to 6-8 weeks. Other surgeries such as Botox and seton placements generally do not result in significant pain. Fistulotomy will result in moderate to severe pain for about 1 week. Please prepare ahead with any work or school obligations.

Take **warm water (Sitz) baths at least 3 times per day and as needed** without adding any soaps, oils or salts. You can do as many Sitz baths as you want for pain relief. This will be your best pain relief because it will relax the pelvic floor and anal muscles.

Any sutures placed are absorbable and will dissolve on their own. They may unravel a bit and you may feel them tugging as they pull. The loose ends will be trimmed as needed at your first post op visit.

You can expect a small amount bleeding from all anorectal operations for up to 2 weeks. If there is heavy bleeding or blood clots, you should call the office.

You will be given the following medication regimen for pain:

1. Ibuprofen 600mg by mouth every 6 hrs (take with food)
2. Tylenol 1000mg by mouth every 8 hrs (do not take more than 3000 mg in a 24 hour period)
3. ** Diazepam 2mg by mouth every 8 hours as needed for muscle spasm (this can make you sleepy, please do not drive and do not take at the same time as the Tramadol)
4. **Tramadol 50mg by mouth every 4-6 hours as needed for severe pain. DO NOT take at the same time as the diazepam. They need to be spaced out by at least an hour.
5. **Metronidazole ointment. Apply to surgical site 3 times daily.
6. **Journavx - take 2 tabs for the first dose, then 1 tab every 12 hours for 14 days or until pain has subsided.

(** Requires prescription.)

Avoid rubbing alcohol or witch hazel containing products (Tucks pads) after surgery. Instead, use a non irritating cream cleanser such as BALNEOL over the incisions as often as you would like. You may use BALNEOL instead of soap in the shower for cleansing the wound.

Take a dose of Miralax (polyethylene glycol) daily with plenty of water. You may need to take it twice daily to avoid constipation. If this still does not work to relieve constipation, take a dose of Milk of Magnesia. If you still do not have a bowel movement after 2 doses of Milk of Magnesia, please call the office for further instruction.

Call the office at 832-979-5670 for follow up appointment which will be 2-3 weeks after your surgery.

If you have fever, chills, increased bleeding with clots, increased swelling or urinary retention please call right away.