TRANSANAL POST OPERATIVE INSTRUCTIONS

After Surgery Instructions

Packing/Gauze: There will be some packing (gauze) in your anal canal. It will need to come out with your first bowel movement or you can soak off the dressing in the first sitz bath. You do not need to use another dressing, except to protect your undergarments and to keep the drainage from irritating your anal area, you may wear a small piece of cotton ball or gauze against the anal opening. Change this through the day as it gets soiled. Do not be alarmed by scanty red discharge or bleeding from the rectal area for about two weeks after procedure. This is normal.

Pain medication: You will be given a written prescription for pain pills. Have it filled and take one to two every 3 to 4 hours as needed. Your need for pain medication will diminish with time and it is not unusual to require one pill every 4 to 6 hours 1 to 2 days after the surgery.

Sitz baths: (sitting in a few inches of warm water) should be taken 3 to 4 times daily for approximately 15 to 30 minutes at a time. We also encourage for you to get a Perry bottle to irritate the wound as needed. The baths will make you more comfortable and also help in the cleaning of the anal area. The water should be warm but not uncomfortably hot. After a bowel movement it is also helpful to take a sitz bath or wash briefly in the shower. Trying to clean with tissue will be less effective and more uncomfortable. We also suggest that you avoid the use of soap on the skin around the anal area as it may be irritating and cause itching after surgery. No ointments are usually needed on the wounds after surgery. However, you can use Bag Balm or Vaseline if you want.

Diet and physical activity: There should be no significant restrictions in your diet. We suggest limiting the amount of milk and milk products because of the potential for causing constipation. You may be as active physically as you feel like. You should however avoid heavy lifting or straining for approximately 2 weeks after surgery. You may return to work as soon as you are reasonably comfortable.

Sexual Activity: Avoid sexual activity (vaginal and rectal) until clearance from your surgeon is received. Use sanitary pads instead of tampons during menstrual periods until the area is completely healed.

Bowel movements: The day after surgery you should take 2 tablespoons of Milk of Magnesia at bedtime unless you have had a good bowel movement on your own. This will help you have a good bowel movement the next morning.
After you have this first bowel movement, you should then start taking a daily fiber supplement--like Metamucil, Citrucel, or Benefiber. Take the fiber as directed on the package every morning. You will need to drink 6-8 glasses of water a day with the fiber supplement. The fluid is needed to help move the fiber through your colon. You may also have to supplement a small dose of Milk of Magnesia (1-2 tablespoons) at bedtime, as it sometimes takes several days for the fiber to start working well.

It is common to have some bleeding and discomfort with bowel movements for the first few weeks after surgery. **There will also be some drainage from the anal area.** Keeping a small piece of cotton or gauze against the anal opening will protect your underclothes and keep the irritating drainage off your skin. If you have irritation in the anal area, you may use **Bag Balm** (green can-located in the hand lotion area). Apply in and around the anal opening and place a small piece of cotton or gauze against the anal opening to protect your underclothes. You may do this after each bowel movement and any other time you feel it is necessary.

**Office visit:** We would like to see you back in the office approximately **3 weeks** after your surgery. Please call the office and arrange an appointment.

**Problems:** We are available to you on a 24 hours basis. If you or your family has any questions or there is any problem, please do not hesitate to call us at 816-941-0800.

**PAIN MEDICATION**

Due to new guidelines, narcotics can no longer be refilled over the phone. This means that the prescription has to be hand written and hand signed by the physician and picked up at one of our office locations to be taken to the pharmacy. **PLEASE PLAN AHEAD WHEN YOU NEED A REFILL AND CONTACT THE OFFICE AS SOON AS POSSIBLE! THIS WILL ENSURE WE HAVE A DOCTOR AVAILABLE TO WRITE AND SIGN A PRESCRIPTION TO PREVENT ANY DELAY IN GETTING YOUR REFILL.**

**NOTE:** **If you call after 1200pm on a Friday, you will have to wait until Monday before we will have a doctor available!!!**