



University Surgical Associates

Exceptional surgeons. Compassionate care.

Shauna Lorenzo-Rivero, MD

979 E 3rd St., Suite C-320, Chattanooga, TN - Phone 423-267-0466 fax 423-778-8168

DISCHARGE INSTRUCTIONS FOLLOWING ANORECTAL SURGERY

***** Call 267-0466 tomorrow to schedule a postop appointment in 2 weeks. Please tell the scheduler the date of your operation**

MEDICATIONS

- **Take your pain medication within 6 hours of surgery, then every 4-6 hours as needed.** You may take *Ibuprofen 400mg* or *Tylenol 650mg* every 6 hours instead of/in addition to prescribed pain medication. **DO NOT** take Tylenol with your prescribed pain medication. If you find that your pain medication is not adequate, call our office or your local pharmacy
- Take **Metamucil** 1 tsp in 8 oz water or juice DAILY *unless you take prescription laxatives*
- Take **Milk of Magnesia** 1 tsp every day following surgery until you have a bowel movement. If you do not have a bowel movement within 24-48 hours after surgery, take Milk of Magnesia 1 tsp every 4 hours until you do. If no BM within the next 24 hours, then call the office 423-267-0466
- You may resume your previous medications
- If you are on a blood thinner/aspirin/ibuprofen, resume when the surgeon instructs you to

WOUND CARE

- Bleeding with bowel movements on the toilet paper after surgery is normal. If the toilet water looks like tomato soup, where you cannot see to the bottom, please call the office
- Change the dressing after every bowel movement with clean, dry 4x4 gauze to keep skin dry

ACTIVITY

- No heavy lifting/pushing/pulling > 10# for 2 weeks (6 weeks for rectocele operations)
- Soak in a warm tub of water (Sitz Bath) at least 3 times a day for only 10-15 minutes for comfort
- You may use an ice pack for 10-20 minutes 3 times a day for the first postop day
- Do not drive while taking narcotic pain medications
- No intercourse for 6 weeks

DIET

- Resume your regular diet.
- Drink 8 x 8oz. glasses of water a day.
- Do not drink alcoholic beverages for 24 hours after surgery or if taking narcotic pain medications.

WHEN TO NOTIFY THE PHYSICIAN

- Large amount of bleeding with or without bowel movement (toilet water like tomato soup where you cannot see to the bottom)
- Severe pain not relieved by pain medication, especially if getting worse and not better with time
- Fever (Temperature over 101 F) or chills.
- Inability to urinate. If you have trouble, first sit in the bathtub filled with warm water and relax. Try to urinate in the tub. It will not hurt the incision. If you are not able to do so within 4-6 hours, then proceed to your local emergency room to have a urinary catheter placed temporarily. It can be removed in the office in the following day or so. Call the office if you have difficulty urinating.