

MBBS (Hons) Syd. MMED (Clin Epi) FRACS
Colorectal and General Surgeon - Provider No. 065326DK

Post Operative Instructions after Anal Surgery (Haemorrhoids, Fissure, Fistula)

You will have significant discomfort in the anal area. You will be given strong painkillers such as Panadeine Forte or Endone. These painkillers can cause constipation so it is important to also take a strong laxative regularly. It is very important to avoid constipation.

- Do not avoid taking the painkillers because of fear of constipation.
- Any over the counter laxative such as Metamucil, Lactulose or Movicol can be used. Patients have varying responses to the laxatives. Find one that works for you.
- You will also be given other pain killers such as Indocid or Voltaren that can be taken with the stronger pain killers.
- You can also use simple painkillers such as Panadol or Nurofen as the pain subsides.
- You can expect the pain to last at least one week and up to a few weeks. All patients are different in this regard and sometimes the duration of the pain is difficult to predict.
- You will feel like you need to open your bowels. This sensation will last several days. Often you will not pass anything on the toilet.
- You will pass small amounts of blood. This may persist for 2 – 3 weeks. It will gradually lessen.
- Salt-water baths (Sitz baths) are very useful. Fill half a bath with warm (not hot) water and add 2 handfuls of normal (cheap) table salt. Soak several times a day and after bowel movements. This relaxes the muscles around the anus and cleans open wounds.
- Creams of any type are not usually useful.
- You may be given antibiotics.

General

You will feel bloated and have some cramping pain. You will pass a lot of flatus (this is the air that is pumped into your bowel during the colonoscopy). You will feel tired and lethargic after the anaesthetic.

Activity

It is common to feel generally weak and tired after any operation. The body takes time to recover from both Anaesthetic and the surgery. **It is important to rest adequately.** There are no restrictions for return to full activities such as lifting and exercise.

Driving

Not permitted for 24 hours after discharge. Not permitted whilst taking any painkillers.

Return to work

If no other procedures are performed you may return to work after 24hrs.

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Diet

Start with fairly bland, soft diet. Drink plenty of fluids. Slowly increase solid food intake and resume your normal diet. Remember a well balanced diet will help with healing.

Medications

Continue to take your usual medications and any new medications given to you in the hospital.

When to contact your Doctor

- Fever greater than 38 degrees.
- Pain not controlled with painkillers.
- Unable to pass urine or open bowels Persistent nausea or vomiting.
- Any persistent heavy bleeding.
- Any other unexpected problems.

Contact Details

Dr Pathma-Nathan's Rooms: **1300 784 504**
Bronwyn Williams (Clinical Nurse): **0401 248 334**
Or contact the hospital