

Post Operative Instructions

Activity: You will receive narcotics/sedation. It is not recommended that you drive for 24 hours following your surgery or while taking pain medication(s). Rest quietly on surgical day. Advance activity as tolerated. You **must** have someone available to drive you home from the hospital.

Bowel Movement(s): Expect little or no bowel activity for one to two days after surgery due to swelling from the surgery and pain medication(s). However, if no bowel activity by the third day, purchase Dulcolax tablets at your local pharmacy, and take three (3) tablets at bedtime. Rectal discomfort accompanied by a small amount of blood after bowel movement(s) is normal.

Diet: Begin with a soft diet such as breakfast foods, cereals and soups. Advance diet as tolerated. Eat as normal as possible to ensure normal bowel function.

Dressing(s): May be removed and discarded usually after sitz bath(s). Keep the area clean and dry by taking 4x4 gauze or cotton ball (unrolled and flattened), dipped in cornstarch and tuck between the buttocks. The gauze or cotton ball may be replaced as needed.

Medication(s): Take prescription medication(s) as directed. Acetaminophen or ibuprofen may be used instead of or in addition to prescription medication(s).

****USE ONLY IF NO DRUG ALLERGY****

_____ Pain medication, take as directed.

_____ Valium, take as directed.

_____ Antibiotics, take as directed.

_____ Metamucil or Citrucel, one teaspoon twice daily. Start morning after surgery.

_____ Mineral oil, one teaspoon twice daily. Start morning after surgery.

Sitz Bath(s): Warm water in tub till it cools, two to four times daily. Additives to bath water are not recommended.

POST OPERATIVE APPOINTMENT(S)