SURGICAL SERVICES

Post-Operative Instructions **Perianal Surgery**

# Haemorrhoidectomy, Lateral Internal Sphincterotomy or Botox injection

**PAIN:**

You will have some degree of discomfort after your surgery, this should not be severe. You will be given a prescription for pain medication. Please take your pain medication as instructed. For mild to moderate discomfort, you may wish to take Acetaminophen (Tylenol ™) or Ibuprofen (Advil™). Pain can be managed by applying lukewarm compresses to the area. Having sitz baths or bathing in lukewarm water is soothing and should be done at least three times each day and after bowel movements. J-Cloths™ are excellent for washing because of their softness. Keep the area clean and dry; try to avoid irritation.

**OPERATIVE SITE:**

You can expect some swelling, bruising and tenderness and this will gradually improve with healing. You may have a gauze dressing over the opening of the operative area. Change the dressing every 3 days or if it becomes wet or soiled. You may have a small amount of yellowish, blood-tinged rectal discharge for 2-4 weeks after surgery. This drainage may increase slightly after bowel movements. To reduce the swelling try lying flat with a pillow under your hips or apply ice to the area. Apply the ice every 2 hours for 15 minutes while awake for the first 24-48hours.

**ACTIVITY:**

You may shower/ bathe after surgery. Avoid prolonged sitting or standing. Walking is encouraged. You may use an inflated rubber or foam ring to sit on. You may resume your usual activities gradually, but do not lift anything heavy over 20 pounds (9 kg) until advised by your surgeon at your follow up appointment. Regular exercise and light lifting can be resumed as tolerated. Resume driving when you are no longer takingnarcotic/opioid pain medication and when you are comfortable sitting.

CONTINUED ON OTHER SIDE 🡪

Information is available in alternate formats upon request

**DIET:**

Drink plenty of fluids. You may resume a regular diet. Increase the fiber in your diet and drink plenty of fluids to help prevent constipation. Constipation may be a side effect of the narcotic pain medication. Good sources of fiber are fruits, vegetables and whole grain breads and cereals (All Bran™, Bran Flakes, Shreddies™ and Shredded Wheat). Please make sure your surgeon prescribes a laxative for you to take at home. You may also purchase a mild laxative if needed. Speak with your community pharmacist.

**FOLLOW-UP:**

Your surgeon will advise you of your follow-up appointment the day of your surgery. If you are a Day Surgery patient, a nurse from the Day Surgery Unit will call you the day after your surgery to discuss any concerns.

**ADDITIONAL INFORMATION:**

You may find your bowel movements are not regular initially after surgery, this is common. You may be worried about having a bowel movement after surgery, you will likely have some pain and bleeding for the first 1-2 weeks with each bowel movement. Sit on the toilet, using a step stool to elevate your knees higher than your hips, a squatting position helps to make bowel movements easier. Avoid constipation and straining during bowel movements.

**Call your surgeon immediately or go to the Emergency Department if you have any of the following:**

* Persistent excessive bleeding from the incision, bright red blood has soaked through the bandage.
* Elevated temperature (38ºC or 100.4ºF) and/ or chills lasting more than 24

 hours.

* Pus, greenish-yellow discharge draining from the incision area.
* Severe pain not managed with pain medication.

**DO NOT TAKE ANY ASPIRIN™ OR MEDICATION CONTAINING ASPIRIN™, UNTIL ADVISED BY YOUR SURGEON.**

The information contained on this sheet is provided to you and your family to help

you in your recovery from this procedure. This document is not intended to replace medical advice from your doctor or healthcare team. If you require more specific/additional medical advice, contact your doctor and healthcare team about your particular healthcare needs.

Protect yourself! Clean your hands frequently using soap and water or hand sanitizer and ask that your healthcare providers and visitors do the same. Clean hands save lives