

Post Operative Care
Anal Surgery

1. Take pain medications (Percocet/ Vicodin/ Darvocet) as needed.
2. Tylenol 650mg every 4 hours maybe substituted for the prescribed medication if the prescribed medicated is too strong.
3. Apply topical Lidocaine ointment as needed for additional pain relief.
4. Remove any rectal packing six hours after surgery.
5. Sitz baths once in the morning, afternoon, before bedtime, and after bowel movements.
6. Drink plenty of fluids (8-10 glasses daily).
7. Citrucel or Metamucil, one tablespoon with 16 ounces of water or juice, twice a day.
8. You may expect to have a considerable amount of pain within the following 24-36 hours after the procedure.
9. Some bleeding is to be expected. The packing and any guaze maybe stained with blood up to a week after surgery. This is normal.
10. You will need to wear an absorbent pad for a few days.
11. Please confirm an appointment to see us in one or two weeks.
12. If there are any questions, please call our office: 408-288-9900.