



Rectal Surgery Post-Operative Instructions

What to expect after surgery:

- Be prepared to have a responsible adult drive you home. You may wish to have someone stay with you for the first 24 hours in case you need assistance.
- You should expect to have some bruising around your rectum after surgery. This is normal and will decrease over 2 to 3 weeks time. It is normal to have some blood-tinged drainage from your rectum as well. The drainage will be more noticeable for at least 2 weeks after bowel movements and may contain some white colored mucus.
- Use soft tissue after having a bowel movement as the area may be sore for a while. Tucks Pads or diaper wipes are recommended.
- You should plan on taking 2 to 3 sitz baths per day and after each bowel movement. Soak yourself in clean, warm water each time. Do not submerge yourself in a hot tub or swimming pool until your doctor has cleared you to do so.
- Take your pain medication as needed. Do not wait until you pain is severe before taking it. You should notice that you no longer need pain medication after 4 to 7 days. Difficulty with urination may be a side effect of taking pain medication. If you experience this, try urinating in a warm shower to help with urine flow. If you are still unable to urinate, please call our office.
- Topical pain medication may be helpful if you need additional pain relief. You can apply Nupercainal cream or Neosporin pain relief ointment directly to your rectum for up to one week if needed. Do not use it for longer than one week as it could delay the healing process.
- Plan on taking a bulk laxative such as Metamucil or Citrucel. You should have a soft bowel movement in 2 to 4 days. If you are still having difficulty with bowel movements, ask your pharmacist about adding a stool softener such as Colace. If you are already taking Colace and have not had a bowel movement after 3 days, take 2 ounces of Milk of Magnesia. If you have not had a bowel movement after 12 hours, call the office.
- Drink plenty of clear fluids for at least one week after surgery. This will help your bowels return to normal functioning, and will help with the healing process.
- Decrease your physical activity for the first few weeks after surgery, but be sure to walk often. Do not lift anything heavier than 10 pounds until your surgeon has cleared you to do so.

Contact our office:

- If you develop a fever greater than 101 degrees.
- If you have a reaction to your medication. Ex. Hives, rash, shortness of breath.
- If you develop a large red area around your incision.