

POST ANORECTAL SURGERY INSTRUCTIONS:

- You may resume a normal diet, although you should avoid spicy foods and food items that cause you to experience diarrhea or constipation.
- Use prescribed pain medication if needed, but as little as possible to avoid constipation.
- You may use regular Tylenol or Advil for pain relief as these are not constipating.
- Use over the counter stool softeners or laxatives if needed.
- Some bleeding and swelling are normal after surgery.
- If sutures were used, they will dissolve.
- Perform daily warm sitz baths to relieve pain from sphincter spasm until healed.
- If you have trouble passing urine, try sitting in a warm bath. If still unable to void, you may need to go to an emergency department for catheter insertion.