

Instructions for Patients following Anorectal Surgery

1. Generally, you should maintain a high fibre diet (plenty of fruit, vegetables, wholegrain cereals and breads) and drink plenty of fluids.
2. Alcohol may be consumed in moderation.
3. You should avoid any activity which causes discomfort. For two weeks, or for such period as Mr Farmer directs, you should avoid vigorous sports, straining or heavy lifting. Subject to these precautions you may engage in normal activities.
4. You may drive if it does not cause discomfort but do not go alone on the first occasion and do not drive after taking any pain relief medication.
5. For at least two weeks continue salt baths (20 minutes each bath) 2 or 3 times per day and after each bowel movement.
6. After each bowel movement use soft tissue or “wet ones” instead of toilet paper. Pat the anal area dry gently. Avoid vigorous wiping.
7. If the anal area is very raw and painful, apply nappy rash ointment (eg. Amolin) to the area and place absorbent pads between the buttocks to keep cheeks separated and to absorb any moisture.
8. Do not take an enema or suppositories unless this has been discussed with and approved by Mr Farmer or your GP.
9. The following may occur and are to be expected:
 - Minor pink staining and a few spots of blood.
 - Erratic bowel movement and sometimes seepage of stool and gas.
 - Minor drainage of pus and mucus around a drain tube.