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Anorectal Surgery

(Anus, Distal Rectum, and/or Perineum)

Your Surgery and Recovery at Home

This booklet belongs to: _____

The procedure I had was:

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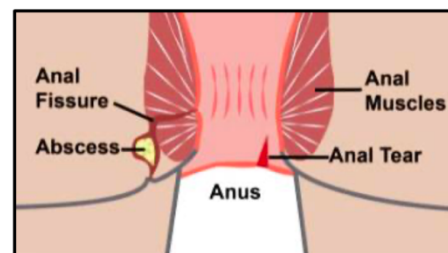
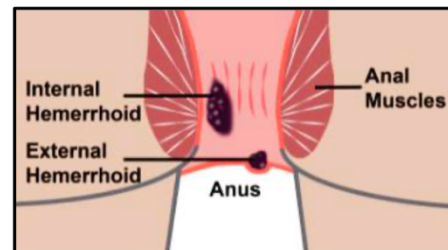
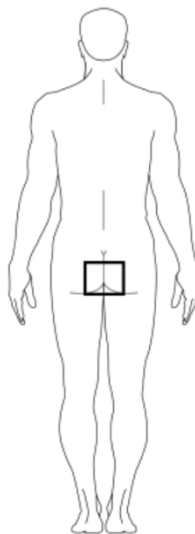
Anorectal Surgery

Your Surgery & Recovery at Home

Types of surgery

There are many procedures performed in and around the bum. These include:

- **Hemorrhoidectomy:** removal of hemorrhoid tissue from the lower rectum, often sticking out the anus
- **Anal abscess incision & drainage:** drain an infected collection from a blocked anal gland, often leaving the cavity open/packed to heal from the inside out
- **Anal fistulotomy or seton placement:** opening an abnormal connection ("fistula") from the anorectal region to the skin around the anus to drain infection, or placing a soft, rubber string ("seton") along the fistula to drain the infection slowly
- **Anorectal nodule biopsy:** taking a sample of tissue from the anus/rectum to confirm a diagnosis
- **Anal fissure debridement or Botox injection:** cleaning the base of a chronic tear ("fissure") in the anus, or injecting a muscle relaxant ("Botox") into the anal sphincter to improve blood supply to the healing tear



Going Home

You should plan to be discharged home within <24hr, likely same-day. You will need a ride home.

Activity

We want you to stay active and sleep well. Return to heavy lifting >10lbs, impact sports, or heavy work is based on your symptom severity. You may return to driving or work once you feel ready, usually around 1-2 weeks after surgery. No penetrative anal sex until all wounds healed. Avoid smoking.



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Diet

We want you consuming a regular diet and staying hydrated at home.

Constipation is common after surgery, so ensure you are drinking plenty of water, adding fibre (e.g., Metamucil®), and staying active. Recommended over-the-counter (OTC) stool softeners include Restoralax® (PEG 3350) powder or Senokot® tablets.

Incision care

Always wash your hands before and after touching your incisions. It is okay to soak your bum in a tub of warm water for 10-15min twice a day or more to assist in symptoms ("sitz baths"). Pat the area dry, avoid rubbing.

You may have stitches in place, but these absorb and will heal within the scar.

If you are bothered by leakage, wear a sanitary pad for comfort.

If complex wound care is required, your surgeon will provide details prior to discharge home.

Managing pain

It is normal to have some discomfort or pain. This should slowly improve but might last a few days to weeks. Your pain should still allow you to move, deep breathe, cough, and do every-day tasks.

Your surgeon will provide instructions for "multimodal analgesia," a combination of OTC and prescription meds to optimize pain control. She will likely recommend starting OTC pain pills like acetaminophen (Tylenol®) and a non-steroidal anti-inflammatory med or NSAID (e.g., ibuprofen [Advil®, Motrin®] or naproxen [Naprosyn, Aleve®]) as instructed on the bottle for 72hrs, then as needed. No NSAIDs if you have kidney, ulcer, or heart issues.

If OTC medications aren't improving pain, add the prescription medication. This may be an opioid (narcotic) medication to be used for a short amount of time (e.g., Dilaudid, Tramadol). Be cautious as opioids are constipating and may worsen symptoms.

No driving while taking opioids. You can also ask your pharmacist or call 8-1-1 with medication-related questions.

Follow-up

You should see your family doctor 1-2 weeks after surgery, and your surgeon 4-6 weeks after surgery.

Please call your surgeon's office to book a follow-up appointment date/time if this was not provided before your surgery.



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**Call your surgeon, GP, or
Health811 if:**

- No pee/urination within 8hr of surgery
- Nausea or vomiting not improving
- No bowel movement for 2-3 days after surgery
- Bright red blood in stool or when wiping 4+ days after surgery
- Pain not improving with pain medications, or preventing you from moving
- Feeling increasingly tired or dizzy

Call 911 or go to Emergency if:

- Fever $>38^{\circ}\text{C}$ (101°F)
- Warm, red, swollen incision, or blood or pus (white/yellow/green fluid) draining from the area
- Trouble breathing or shortness of breath
- Chest pain
- Sudden severe pain
- Redness, tenderness, or pain in your arm, calf or lower leg

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