



Information and advice following Anal Surgery

You may feel drowsy for the next 12 to 24 hours following your surgery. It is therefore advisable that during this time you should take it easy.

You should not:

- Drink alcohol
- Drive a car
- Operate hazardous machinery
- Travel unescorted on public transport
- Make important decisions or sign legal documents
- Partake in any strenuous activities such as sport

Following your procedure you may experience discomfort or pain. Pain relief tablets should be taken as prescribed. If you have not been given a prescription, Panadol/Panadeine can be purchased from your local chemist and should be taken as directed.

- Warm salt baths may help reduce discomfort
- Avoid constipation
- A high fibre diet including plenty of fresh fruit and vegetables is recommended following this operation
- Try to drink at least six to eight glasses of water a day

If you have problems with constipation, contact your surgeon for advice regarding what apparent he may or may not want you to take.

- After each bowel motion ensure the anal area is clean
- Use soft tissue or "wet ones" instead of toilet paper. Pat the anal area dry gently. Avoid vigorous wiping
- A salt bath or a shower is recommended. Dry anal area gently and thoroughly

Some type of dressing e.g. pad, gauze (available from your local chemist) may be required to protect clothing until bleeding/spotting ceases.

There are no stitches to be removed from the anal area.

If a small pack has been inserted during your procedure it will come out with your first bowel action or it may be gently removed following a warm bath the day after your operation.

A small amount of bleeding from this procedure is common and may occur during the first few days after your operation. This usually settles. However if bleeding persists, and particularly if large clots are present, please contact your surgeon, local doctor or your nearest Emergency Department.

If you have any problems or concerns related to your procedure please contact your doctor, or visit your nearest Emergency Department.