**POSTOPERATIVE INSTRUCTIONS**

***Jennifer D. Rea, MD***

1. A prescription for pain medication will be given to you on the day of your surgery and may cause constipation. Do not drive, drink alcoholic beverages or operate heavy machinery while taking this medication.
2. Postoperatively you are to take one capful of Miralax (generic works just as well) once a day. Discontinue if diarrhea occurs.
3. Postoperative office visits are essential to insure proper healing of your wounds. Please call our office to make your first appointment as instructed.
4. Sitz baths, comfortable warm, should be taken three times a day especially after bowel movements. The bath should last no longer than 20 minutes.
5. Some bloody discharge, especially after bowel movements, can be expected after anorectal surgery. If there is prolonged or profuse bleeding, call us at once.
6. Bowel movements after anorectal surgery may produce some discomfort. This will diminish as the healing progresses. You should have a bowel movement at least every other day. If two days pass without a bowel movement, take another capful of Miralax and repeat in six hours if no result. Call me in my office if you continue to be unable to move your bowels.
7. The use of dry toilet tissue may be irritating after anorectal surgery. If this is the case, use wet wipes or cotton, or if possible use a sitz bath or hand-held water bottle to cleanse yourself.
8. A general diet is recommended including plenty of fresh fruits and vegetables. Try to drink six to eight glasses of fluid a day beginning the day after the surgery.
9. No strenuous exercise or heavy lifting should be attempted until healing is well underway. Climbing stairs, walking and car riding may be done in moderation.
10. If you have any questions about your postoperative care, feel free to call anytime. To reach me or the physician on-call after office hours call 859-276-2594.

**GENERAL ANESTHESIA OR SEDATION:**

* Do not drive or operate machinery for 24 hours.
* Do not consume alcohol, sleeping medications, or any non-prescribed medication for 24 hours.
* Do not make any important decisions or sign any important documents in the next 24 hours.
* You should have someone with you at home tonight.