

POST-OPERATIVE INSTRUCTIONS FOLLOWING
OPERATIONS ON THE ANUS

- * You should bath daily and may bathe the anus after a bowel action. Washing in a bidet is recommended.
- * Plain bath water and washing with simple (unscented) soap is perfectly satisfactory, although it is traditional to add salt to the bath water – half a cupful. Epsom salts may be added, or antiseptics such as Betadine, Savlodil or Chlorhexidine. Dettol, bubble baths and bath oils are not recommended if there are open wounds as they may cause inflammation.
- * Constipation must be avoided and you should have a bowel action by the second day after surgery. You should be given a supply of laxatives which should be started after the operation. The laxatives prescribed are usually either Lactulose or Milpar and a fibre supplement (Fybogel). All of these are available "over the counter" at the chemists' shops if you should require further supplies.
- * Drink plenty of fluids, but remember that coffee, tea and alcohol are diuretics and cause dehydration. Eat a diet which is high in fibre to prevent constipation. This means plenty of vegetables and 5 pieces of fruit a day. Oranges are particularly high in fibre, as are apples and pears, but bananas are not. All-Bran is high in fibre, but Bran Flakes have less fibre. Natural Bran is available from health stores and Boots, and 2 tablespoons per day is an excellent fibre supplement. It can be sprinkled on cereals or added to other foods.
- * You should be given pain-killing tablets in hospital and to take home. These are likely to be Paracetamol or Diclofenac (Voltarol). Codeine and Co-Proxamol (Distalgesic) should not be used as they tend to cause constipation.
- * Return to work depends on the type of activity required by your job. It is usual to return a few days after surgery, but if your job involves sitting for long periods, you may require longer off. Do not book long meetings or travel for the first week of work.
- * Heavy lifting, heavy work and sporting activity may begin as soon as you feel comfortable.