POST OP INSTRUCTIONS FOR ANORECTAL SURGERY
(HEMORRHOIDS, FISTULA, PERIRECTAL ABSCESS)

1. Take sitz baths (lukewarm water) for approximately 15 minutes, 3 to 4 times a day AND after each bowel movement.

2. Keep stools soft. Try the following measures:
   - Colace 100mg twice a day (no prescription necessary)
   - Drink LOTS of liquids
   - Metamucil one tablespoon a day
   - Mineral oil one tablespoon a day for 7 days.

3. Laxatives if no bowel movement in 24 hours:
   - Milk of Magnesia 30cc (2 tablespoons)
   OR
   - Miralax

4. Pain Meds: Norco (only if prescription given), Tylenol or Advil as needed.
   - For the first 24 hours take at least one pill every 4 hours around the clock.
   - Then take the medication as needed

5. Ice pack to anus for the first 24 to 48 hours.