

Rectal Surgery, Anal Fissure, Hemorrhoids or Fistula

After your surgery:

- Careful cleansing after going to the bathroom will reduce:
 - pain and irritation
 - itching
 - swelling
- Discharge is normal after surgery. Use a small pad to protect your clothes.
- Do not lift heavy objects over 10 lbs for 2 weeks.
- Avoid standing or sitting for long periods.
- Keep your stools soft to reduce straining, pain and irritation. Use stool softeners only if ordered by your doctor.

Keep your rectum clean

- Wash the area around your rectum each day with a mild soap and warm water.
- Use a gauze dressing or pad to absorb any drainage. You will have some blood or other drainage with your first bowel movement. Change the pad or dressing each time you have a bowel movement, or at least every day.
- Take warm baths.

Stool softening diet:

- Drink 8 to 10 glasses of fluid a day.
- Increase dietary fibre by eating:
 - whole grain breads and cereals
 - vegetables
 - fruit

Caution: Many pain medications may cause constipation.

Regular exercise will:

- help keep bowel movements regular
- strengthen muscles
- improve circulation and healing

Walking everyday is a good form of exercise.

Call your surgeon or family doctor if you have:

- bleeding
- a fever of 38°C (100°F) or higher
- more drainage than expected
- constipation