

Colorectal Surgery Associates, P.C.

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PATIENT NAME:

- 1- Use little or no toilet paper.
- 2- Wash with cotton and water after stool and several times a day (especially when itching or irritation develops). You may get a package of dry Cotton Pads from the pharmacy and then wet the cotton when you need to wash the anal area; or you may use a pre-moistened wipe, like Tucks or Wet Ones.
- 3- Apply Bag Balm ointment after washing; use sparingly.
- 4- Wear a small piece of cotton against the anal opening replace when soiled or after washing.
- 5- Drink 6-8 glasses of water per day (8 oz glasses).
- 6- **Diet:** Minimize milk, cheese, ice cream, buttermilk and yogurt.
 You may use Coffee Rich or Milnot.
 Minimize pepper, nuts, Mexican and Cajun foods.
 Minimize citrus fruits (orange, grapefruits and tomatoes)
 Minimize coffee (may use tea).
 No chocolate.
 No Mountain Dew (Use 7up or Sprite instead).
 No Colas (coke, Pepsi etc) and beer.
 Minimize Tobacco use.
- 7- Consume 20 to 25 grams of fiber per day. May use over the counter Bulk if needed.