



your primary care physician or who ever helps you manage your diabetes and get instructions on changes in your regular routine.

**PURCHASE 2 FLEET ENEMAS IN THE GREEN AND WHITE BOX FROM YOUR PHARMACY PRIOR TO THE DAY BEFORE SURGERY.**

**The day before surgery**

1- Eat your normal diet.

**The day of surgery**

1- You may have WATER on the day of surgery up until 8 hours before your surgery **start time**. Have nothing by mouth after this.

2- Two hours before leaving for the hospital take **2 Fleet Enemas**, one right after the other. Lay down on your left side when taking them. Hold as long as your comfortably can and expel in the toilet. If your surgery is early in the morning you may take these enemas the evening before surgery.

3- Take your blood pressure, heart and lung medicines as scheduled with a sip of water.

**After Surgery Instructions:**

In addition to a general anesthetic, local anesthetic is also used for your surgery. As a result when you are awoken you will have *very little* (sometimes) any pain. It is usually easiest if you go home from the hospital as soon as you are fully awake so that the trip is more comfortable. We suggest that you use an ice pack on the anal area for 8 to 10 hours after surgery. This will minimize pain and swelling.

**Pain medication and stool softeners**

You will be given a written prescription for pain pills. Have it filled and take one to two every 3 to 4 hours as needed. In addition, to maintain a steady state of anti-inflammatory medicine in your system, take 2-3 Advil every 6 hours with food for 5 days. Your need for pain medication will diminished with time and it is not unusual to require one pill every 4 to 6 hours 1 to 2 days after the surgery.

**Sitz baths**

Sitz bath (sitting in a few inches of warm water) should be taken 3 to 4 times daily for approximately 15 to 30 minutes at a time. The baths will make you more comfortable and also help in the cleaning of the anal area.

The water should be warm but not uncomfortably hot. After a bowel movement it is also helpful to take a sitz bath or wash briefly in the shower. Trying to clean with tissue will be less effective and more uncomfortable. We also suggest that you avoid the use of soap on the skin around the anal area as it may be irritating and cause itching after surgery. No ointments are usually needed on the wounds after surgery.

**Diet and physical activity**

There should be no significant restrictions in your diet. We suggest limiting the amount milk and milk products because of the potential for causing constipation. You may be as active physically as you feel like. You should however avoid heavy lifting or straining for approximately 2 weeks after surgery. You may return to work as soon as you are reasonably comfortable.

**Bowel movements**

The morning after surgery you should start taking a daily fiber supplement, like Metamucil, Citrucel, or Benefiber. Take the fiber as directed on the package, every morning, and you will need to drink 6-8 glasses of water a day when you start this. The fluid is needed to help move the fiber through your colon.

In addition to the fiber you should take 2 Colace tablets (stool softeners) at bedtime.

If you do not have a bowel movement at least every other day, you may have to supplement a small dose of Milk of Magnesia (1-2 tablespoons) at bedtime in addition to the fiber for a few days, as it sometimes takes several days for the fiber to start working well. It is common to have some bleeding and discomfort with bowel movements for the first few weeks after surgery. There will also be some drainage from the anal area. Keeping a small piece of cotton or gauze against the anal opening will protect your underclothes and keep the irritating drainage off your skin.

### **Office visit**

We would like to see you back in the office approximately 3 weeks after your surgery. Please call the office and arrange an appointment.

### **Problems**

We are available to you on a 24 hours basis. If you or your family has any questions or there is any problem, please do not hesitate to call us at 816-941-0800.