



WEST COAST SURGICAL SPECIALISTS, INC.

Anorectal surgery Discharge Instructions

PAIN MEDICATION

1. You will be given a prescription for pain medication as needed.
 - a. Drink a lot of water to help prevent constipation.
2. When the pain decreases you can change to something like Extra Strength Tylenol for pain relief.
3. If you experience nausea and vomiting not associated with the pain medication: maintain your diet on clear liquids and call the office if the nausea and vomiting become persistent.

DRIVING

1. Do not drive until recommended.
2. Do not drive while taking the prescription pain medication.

WOUND CARE

1. It is safe to shower. You may use a hand-held shower nozzle for the anal area.
2. **DAY 1:** Ice the anus 5-10 mins. Every hour, or as needed, for the first 24 hours.
(This will help reduce swelling.)
3. **DAY 2:** Take warm Sitz Baths as needed.

ACTIVITY

1. Keep activity light. You may walk outside or upstairs. No lifting over 10 lbs.

DIET

1. Start with a CLEAR LIQUID DIET and start working in solid foods as tolerated.
2. Drink plenty of fluids.

Anorectal Discharge

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CALL THE DOCTOR IF YOU EXPERIENCE:

1. Unusual discharge from the wound.
2. A fever over 101 degrees and chills.
3. A dramatic increase in your pain.
4. Persistent nausea and vomiting.

Call **(951) 894-5167** to schedule a follow-up appointment.