

Our Services

Surgical Care

Mr Bickford runs a patient-centred surgical practice servicing the Eastern suburbs of Melbourne at Knox Private Hospital.

He recognises that each patient has unique issues and with knowledge and experience, strives to provide the best possible outcomes.

Physician Care

Mr Bickford's surgical management is complemented by a senior physician who is available for inpatient review, medical management and discharge planning.

Nursing Care

Registered nurses play a key role in both pre and post operative care. They provide both in and out patient consultation, wound and symptom management, discharge support and post operative care.

Administrative Support

Administrative staff ensure the necessary documentation and financial details are managed efficiently and any questions you have are answered.



Contact Us

Knox Private Hospital
Consulting Suite 7
262 Mountain Highway
Wantirna, Victoria 3152
reception@michaelbickford.com.au
www.michaelbickford.com.au
Fax: (03) 9210 7955



Appointments & Enquiries: (03) 9210 7277

Anorectal Procedures

Including Haemorrhoidectomy

Post Operative Instructions



MR MICHAEL BICKFORD
GASTROINTESTINAL AND GENERAL SURGEON
SURGERY | LAPAROSCOPY | ENDOSCOPY

Information for after your Procedure

Analgesia:

- Please take paracetamol if required
You can take 2 tablets 4-6 hourly
- You can also take an anti-inflammatory (eg. Ibuprofen, Celecoxib, Diclofenac), with food
- You may also be prescribed something stronger by your anaesthetist. If the pain is still not controlled, despite paracetamol and an anti-inflammatory, please take these medications as directed on the packet but only if required
- Ice packs applied 20 minutes at a time and/or warm salt baths may help in the first 1 - 2 days
- Pain should be much reduced after 24-48 hours
- Do NOT take any aspirin based analgesia
- Do not drive or operate machinery if you are taking prescribed medication

Within 24 hours of your procedure you MUST NOT:

- Drive a car or take public transport unaccompanied
- Operate machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions

Bowel Habits:

To ensure regularity:

- eat a diet high in fibre
- drink at least 8 glasses of water each day
- add a laxative or fibre supplement eg. Agarol, metamucil or movicol

If you experience any concerns, including unrelieved pain, hot or cold flushes or general feeling of being unwell, please contact our rooms immediately on 9210 7277.

For after hours assistance, contact the Emergency Department at Knox Private Hospital .

Care of Wound:

- Ensure that all dressings are soaked off within 24 hours of procedure including any packing
- You may benefit from salt baths daily and after any bowel movement. A salt bath can be made by adding one cup of salt to a bath of water
- If sutures are present they will dissolve unless otherwise stated
- A small amount of bleeding, yellowish discharge and discomfort is usual as the wound heals
- Complete healing can take up to 3 - 4 weeks

Activity:

- You are encouraged to rest for the remainder of the day following your procedure
- Gentle exercise, such as walking, is encouraged

Care going forward:

- An appointment will be made for you prior to your discharge from hospital
- If this has not occurred, please call 9210 7277 to arrange a post operative appointment