

## **DISCHARGE INSTRUCTIONS - ANORECTAL PROCEDURES**

**Please note - Within 24 hours of your operation, YOU MUST NOT:**

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

**Analgesia:**

- Take Paracetamol or prescribed medication regularly, 1-2 tablets every 4-6 hours for comfort.
- The addition of an anti-inflammatory medication such as Ibuprofen, Voltaren may also be helpful if you are able to take these drugs.
- 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 hrs.

**Bowel Habits: To ensure regularity:**

- Ensure high fibre diet.
- Drink at least 8 glasses of water or other fluid each day.
- Add laxative or fibre supplement, eg Agarol. Metamucil, Benefibre
- Maintain mobility, eg. gentle walking.

**Care of Wound:**

- Ensure that all dressings are soaked off within 24 hrs. Any packing usually comes away with the first bowel action.
- Warm salt baths daily and after each bowel movement. 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 completely. [3-4 weeks]
- Use a pad to protect the wound.

**On-going Care:**

- An appointment will be made for you prior to discharge from Hospital.
- If not, please call our Rooms on **9210 7277** to arrange your post operative appointment.
- Notify the Rooms :
  - if you experience any problems with your wound, including abnormal redness, pain, or discharge.
  - You develop a fever, or get hot/cold flushes.
  - Your pain is not being relieved by the analgesia you are using.