



The Crawford Clinic

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Post-operative Directions For Anal Surgery

1. Drink 8-10 glasses of non-carbonated, non-caffeine containing, non-alcoholic beverages per day.
2. Take 3-4 tablespoons of mineral oil 3 times a day.
3. Eat a high fiber diet.
4. If applicable, remove the outer bandage the day after surgery or prior to a bowel movement. The small gauze pads further inside will come out with a bowel movement.
5. Resume normal activities. No heavy lifting, straining, pushing, pulling, or exercise for two weeks.
6. Take warm water sitz baths for 10-20 minutes 3-4 times a day and after a bowel movement.
7. For postoperative pain a prescription is provided.
8. Should you become constipated, take 1 oz. (30ml) of Milk of Magnesia. If there are no results in six hours, repeat.
9. You will have blood in your bowel movements for a few days to a few weeks. If it becomes steady and/or excessive, call the office .
10. Mucous discharge and swollen anal tissue are common after surgery and usually does not indicate a problem.
11. DO NOT take any aspirin-containing products for at least two weeks unless discussed with the doctor. Tylenol approved.
12. Most stitches will dissolve. It is normal to see them in the toilet bowl or feel them when wiping.