

Colon and Rectal Associates of Texas

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Post-Op Instructions

1. Rest at home as needed and stay off your feet as much as possible. This will help reduce/prevent swelling and speed up recovery.
2. Come to the office in ten (10) days. If you do not have an appointment already, please call the office and make an appointment as soon as possible following your procedure.
3. Warm tub soaks are very helpful following rectal surgery. Do it often, especially after bowel movements and/or periods of discomfort (bathe in plain warm water).
4. Avoid constipation! Continue your usual diet, but restrict dairy products and hot/spicy foods. Take one level teaspoon sugar-free **Metamucil** in the morning and late afternoon. Drink plenty of liquids because this will help the fiber work properly. At bedtime, take one or two tablespoons of **Milk of Magnesia**. This will force the bowels to move and help avoid constipation. You may take MOM twice daily, if needed.
5. You may see some bloody drainage and certainly some minimal bleeding at the time of bowel movements. Don't panic! This is expected during the post-op interval. Call the office if bleeding seems excessive (greater than ½ cup over a brief period). Avoid aspirin and any anticoagulant medications, as they can enhance/increase bleeding.
6. The urinary system may act a little sluggish at first. Try to empty the bladder while soaking in a warm tub—this trick is sometimes helpful during early post-operative periods.
7. Swollen areas and 'lumps and bumps' at/near the surgical site are common. Do not be alarmed! These are not hemorrhoids, but are areas of skin swelling which will shrink over time.
8. Use the pain pills (narcotics) sparingly as these drugs cause depression, nausea and constipation! Try extra strength **Tylenol** (1 – 2 every 6 hours) the first 4 to 6 days following surgery. Tylenol will help control the pain and will not cause constipation. Do not take Tylenol and Vicodin at the same time (most prescription pain medications contain Tylenol).
9. An elevated temperature following rectal surgery is common. Do not be alarmed. Call the office only if your temperature exceeds 101 degrees.
10. If you are worried or have concerns about your progress, call the office and we'll be happy to answer any questions you may have.

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