What will the happen the day of my operation?

You will be discharged home later that day with prescriptions for pain medicines. Fill them on your way home. Also buy a powder fiber supplement (Metamucil™, Citrucel®, Konsyl®, or Benefiber®) and a small bottle of milk of magnesia.

When you get home, take one or two pain tablets (Oxycodone®) even if you are not having pain, since the local anesthesia will wear off about 6-8 hours after the operation. Also, take one or two tablets before bed even if you are not having a lot of pain to avoid waking up in pain. Otherwise, use them as needed as instructed on the bottle. You can use ibuprofen 400-600 mg (available over the counter as 200 mg tablets) every 6-8 hours as well if needed. Walk a little bit every hour, climb stairs with assistance, but avoid strenuous activity. You can set an ice pack over the anus (30 minutes on/30 minutes off) for the first 6-8 hours to reduce pain and swelling.

Some people find it hard to urinate for the first time after the operation. This is usually due to muscle spasm after the operation. Try sitting in a tub of warm water to relax yourself, and you may then be able to urinate in the commode. If you are still having trouble, try urinating directly into the tub of warm water. If this still doesn’t work and 8-10 hours has passed since your discharge, you should contact the office or go to the emergency department to be evaluated.

You can remove your dressing anytime after the operation to take a tub bath. If you are having some spotting, you can place a sheet of gauze over the anus or use a perineal pad.
What should I do during my recovery from the operation?

Pain is normal for the first 1-2 weeks after the operation. The goal should be pain control, as pain elimination is generally not possible. Use the pain medications as directed; when your pain begins to subside, you can use Extra Strength Tylenol instead of the prescription pills, but avoid aspirin in the first two weeks after surgery. In addition to the medications, pain usually responds to soaking in a tub of warm water. You can do this as much as you like without harm.

Many people are anxious about their first bowel movement after surgery. The best way to avoid a painful bowel movement is to avoid constipation and have regular, soft stools. This is most easily accomplished by using a fiber supplement powder (Metamucil®, Citrucel®, Konsyl®, or Benefiber® all work well) and drinking plenty of water (8-10 glasses per day). You may find that adding an over-the-counter stool softener helps as well. Most importantly, you should have a bowel movement within 3-4 days after the operation. If you do not have a bowel movement the day after surgery, take 2 tablespoons (1 ounce or 30 ml) of Milk of Magnesia before going to bed. If you still do not have a bowel movement the next day, take the Milk of Magnesia® three to four times during the day. If you have not had a bowel movement on the third day after the operation, use ½ bottle of magnesium citrate in the morning and ½ bottle in the afternoon. If you still have not had a bowel movement by the fourth day after the operation, call our office that morning.

After bowel movements, sit in a warm water (Sitz) bath. In addition to being the easiest way to clean yourself after the operation, it will help to reduce any muscle spasm the bowel movement may have triggered.
A small amount of bleeding drainage is to be expected. If you notice an increase in the bleeding, place a piece of cotton gauze next to the anal opening and sit on a hard surface for 15 minutes. If the bleeding persists, call our office.

You will need to take some time off of work. If you have had general anesthesia, you will not be able to drive for two weeks after the procedure. If you continue to need prescription pain medication beyond two weeks, you will not be permitted to drive until you are not taking the pain medication.

**When should I follow up with my doctor?**
The best time to call with routine questions is during normal clinic hours; however, someone is available 24-hours a day for urgent or emergency calls. Call immediately if you develop a fever >101.5 degrees, trouble urinating, or persistent bleeding more than about ½ cup.

Most procedures require follow-up 2-3 weeks after the operation. Call to make an appointment that is convenient for you within this time frame.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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Last Revised: February 2012