

Allen Kamrava MD MBA

BOARD CERTIFIED GENERAL & COLORECTAL SURGEON

POST-ANAL PROCEDURE DISCHARGE INSTRUCTIONS

Home Care

- Avoid strenuous activity for 1-2 days after your procedure.
- Take sitz baths (sit for 10 minutes in about 3 inches of warm water) at least 3 times a day and after each bowel movement.
- Don't worry if you have some bleeding, discharge, or itching during your recovery. This is normal.
- Avoid constipation.
 - Use a laxative or stool softeners-
 - Colace 100mg by mouth twice daily
 - Mineral oil one tablespoon at bedtime
 - Eat more high-fiber foods.
 - Drink 6-8 glasses of water a day, unless directed otherwise.
- Spend less time sitting on the toilet.
- Avoid straining with bowel movements. Straining increases pressure and irritation, which can lead to pain and swelling.
- Sexual activity as tolerated.
- If it starts to hurt stop.

When to Call Your Doctor

Call your doctor right away if you have any of the following:

- Fever above 101°F
- A large amount of drainage or bleeding
- Trouble urinating
- No bowel movement for more than 48 hours
- Deep, constant pelvic pain

Follow-Up

Make a follow-up appointment for 2-3 weeks after your surgery.
Office Phone number: (424) 279-8222