

Anal Rectal Discharge Instructions

1. Drink 8- 10 glasses of non-carbonated, non-caffeine containing, non-alcoholic beverages per day.
2. Take one teaspoon of Konsyl 6.0 fiber supplement in liquid per day or 1 teaspoon of Metamucil 2 times a day.
3. Take 3-4 tablespoons of mineral oil 3 times a day.
4. Eat a high fiber diet.
5. If applicable, remove the outer bandage tomorrow or prior to a bowel movement this evening. The small gauze pads further inside will come out with a bowel movement.
6. Resume normal activities. No heavy lifting, straining, pushing, pulling, or exercise for two weeks.
7. Take warm water sitz baths for 10-20 minutes 3-4 times a day and after a bowel movement.
8. For postoperative pain a prescription is provided.
9. Should you become constipated, take 1 oz. (30ml) of Milk of Magnesia. If there are no results in six hours, repeat.
10. 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.
11. Mucous discharge and swollen anal tissue are common after surgery and usually does indicate a problem.
12. Call to make an appointment for an office visit in __week(s).
13. DO NOT take any aspirin-containing products for at least two weeks. Tylenol approved.
14. Most stitches will dissolve. It is normal to see them in the toilet bowl.
15. If you have further questions or concerns please do not hesitate to call one of the offices listed below.

**Please call during the hours of 9 a.m. – 4:00 p.m., Monday through Friday for prescription refills.
No refills approved after 4:00 p.m. M-F or weekends & holidays.**