's Care Guide after Anorectal Surgery

I came to the hospital on ______ and left on ______

I came to the hospital because _____

Contractions of the set of the se	
These symptoms are normal	My notes
I may feel pain	
I should take my pain medication before my pain gets really bad.	
I should follow the instructions on my medication bottle.	
• I should use less narcotic pain medication as my pain gets better. Examples are Percocet, Oxycodone, Tylenol 3, Morphine, or Hydromorphone.	
• I can't drive or drink alcohol while taking narcotic pain medication.	
I should speak with my pharmacist about using Tylenol Extra Strength.	
I may feel constipated	
I should take any medications and laxatives as I've been told.	
I should drink lots of water and eat lots of high fibre foods. Examples are bran cereal, whole wheat bread, fruits, and vegetables.	
I may feel tired	
• I should rest when I'm tired. Pain medication can make me feel sleepy.	
• I can't drive or drink alcohol for at least 24 hours after I've left the hospital.	
I may not feel hungry	
I should eat smaller meals and snacks more often.	
These symptoms are not normal	
 My temperature is over 38.0°C or I have chills. 	
• I have major discharge or bleeding (>1 cup blood in my bowel movements).	
I have bad pain that doesn't get better when I take pain medication.	
I need to call my surgeon or go to the nearest emergency department if I can't reach my surgeon.	
These symptoms are an emergency	
I have trouble breathing.	
I have chest pain.	
I need to call 911.	



January 2022

MADE WITH

PATIENTS & FAMILIES

How I should care for my incision

- I should take off the bulk dressing after my first bowel movement.
- I should have a sitz bath when my surgeon has told me to (_____times a day) and after each bowel movement:
 - Fill my bathtub ¼ full (one quarter full) with warm water.
 - Add ½ cup (one half cup) table salt to the water and stir to dissolve.
 - Sit in the tub for 5-15 minutes, or as long as I've been told by my surgeon.
- I can buy a sitz bath at any pharmacy.

If I have a packing

• I should follow what I've been told by my surgeon or home care nurse.

🕉 How my activities will change

Showering

• I can shower 24 hours after my surgery.

Daily activities

- I should ask my surgeon when I can go back to work.
- I should ask my surgeon when I can go back to my normal activities.
- I should have bowel movements each day. My bowel movements should be soft.

Taking medications

- I should follow the instructions on my medication bottle.
- I should take my regular medications, unless my surgeon has told me not to.

My medications

- I was given a list of medications I need to take.
- I was told why I need to take my medications.
- I was told about the side effects of my medications.

🗒 My appointments

- I was given a list of my appointments.
- Someone reviewed my list with me.

Where I can go for more information For information about... I can call or go to...





My notes