

_____’s Care Guide after Anorectal Surgery

I came to the hospital on _____ and left on _____

I came to the hospital because _____



How I may feel and what I should do

These symptoms are **normal**

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**.

My notes



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