

# Discharge for Anal Procedures

*(Hemorrhoidectomy, anal fistulotomy/fistulectomy, seton placement, sphincteroplasty, anal sphincterotomy, and transanal excision of polyps)*

## Home Care

- Avoid strenuous activity for one to two days after your procedure.
- Take sitz baths (sit for 10 minutes in about 3 inches of warm water) at least three 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 such as Colace 100mg by mouth twice daily
- Take one tablespoon of mineral oil 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, please stop.

## When to Call Your Doctor

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

- Fever above 100.5°F
- A large amount of drainage or bleeding
- Trouble urinating
- No bowel movement for more than 48 hours

## Follow-Up

Make a follow-up appointment for two weeks after your surgery.