

Southern California Surgery Associates
Wesley R. Heartfield M.D.
1245 Wilshire Blvd Suite 905
Los Angeles, CA 91108
213-977-1211

Anorectal Surgery Post Op Instructions

Post-Op Care:

You will wake up in the recovery room. When your blood pressure, pulse, and breathing are stable, you will be allowed to get dressed and return home with an adult driver. As you leave the hospital or outpatient facility, you will be given a prescription for medication that will control most any pain you may have.

At Home:

- Sit in a warm tub at least twice a day for the next week. This will keep the area clean and soothe the pain. Plain water is fine - no need to add anything to the water
- A small amount of blood-tinged drainage is normal. This may continue for up to 14 days. Please call if you are passing large clots.
- Use the pain medications as prescribed. Hemorrhoid surgery can be painful, and you will certainly need to use the narcotic pain medications (i.e.: vicodin or percocet) for the first few days. After three days start to use 600 mg of ibuprofen every 8 hours as needed for pain. Narcotic pain medications are constipating, so be sure to take Colace 100mg twice daily while using the narcotic pain medications.
- Start and maintain a high fiber diet the first day after surgery. Supplementary fiber such as Metamucil, FiberCon, Citrucel, and many others available in the grocery store can help with postoperative constipation.
- Do not use enemas for the first ten days after surgery.
- Remove the bandage with the first bowel movement and leave it off.
- Walking is encouraged, gradually increasing the distance.
- No driving while you are using the narcotic pain medications. Once on the ibuprofen you may resume driving.
- You may experience discomfort and pain for the first few days or weeks. The pain usually abates after this.
- You may resume sexual activity when the pain and soreness subside.
- You must return to Dr. Heartfield's office for a post-op appointment about three week after surgery. Please call Southern California Surgery Associates at 213-977-1211 to schedule an appointment.

When to Call the Office:

- If you develop a temperature higher than 101° F.
- If you are unable to urinate
- If you have any questions.

GO TO THE EMERGENCY ROOM or CALL 911 for any chest pain or other medical emergency!

This includes fainting, dizziness, or severe pain in the abdomen. If for some reason you are unable to reach the office, you can always visit the emergency room for the more urgent things, and the surgeon on call can be contacted.