

Dr. Bradley H. Bennett

MD Office 301-681-6437

Post Operative Instructions

1. Apply an ice pack to the anal area for 2-6 hours after the procedure for comfort and to decrease the swelling, especially after hemorrhoidal surgery.
2. Do the following until your first post operative office visit?
 - a. On the morning following your procedure, start Sitz baths (sit in warm water) for up to 20 minutes 3-4 times a day, especially after a bowel movement. Continue these at least until for your first visit back to the office.
 - b. Fiber products (Metamucil, Citrucel, Konsyl, FiberAll, FiberCon, etc.) are to be taken twice a day with juice or water (see package instructions). You need to drink a minimum of 2 liters of water per day.
 - c. Stool softeners (Colace, Surfak, etc.) are to be taken twice day.
 - d. Keep gauze or cotton in the surgical area for collection of drainage.
 - e. Use Tucks pads, baby wipes or Witch Hazel to clean the area after a bowel movement.
3. Do not do any heavy lifting or athletic activity until you have been seen for your first post operative visit.
4. If you have not had a bowel movement by the morning of the third day after, take 2 tablespoons of Milk of Magnesia or 2 Dulcolax tablets and increase your fluid intake. If you still do not have a bowel movement after taking the laxative call the office.
5. Call the office if you have any of the following problems;
 - a. Heavy bleeding which does not stop after lying down and applying pressure for 10 minutes.
 - b. Difficulty urinating including inability to urinate, dripping or sensation of partial emptying of the bladder.
 - c. Increasing pain in the surgical area.
 - d. Chills or fever over 100.5
 - e. Vomiting
6. Expect swelling, pain and slight bleeding at the surgical sight for several weeks following surgery.
7. DO NOT drink alcoholic beverages, operate machinery or drive while taking narcotic pain medication.
8. DO NOT take any aspirin, aspirin-like drugs or anti-inflammatory medications (Advil, Aleve, Ibuprofen, Naprosyn); Plavix, blood thinners, platelet inhibitors, anti-clotting medication or drugs to prevent heart attacks for at least 2 weeks following surgery. Tylenol, Celebrex and Vioxx are OK.
9. Call the office to make your postoperative appointment the day following your procedure.
10. Additional Instructions: _____

