



**Dr Rohan M Gett**

FRACS Colorectal Surgeon

Suite 607, Level 6, 438 Victoria Street, Darlinghurst NSW 2010

T: (02) 8382 6675 | F: (02) 8382 6688

E: [svcadmingett@stvincents.com.au](mailto:svcadmingett@stvincents.com.au)

## POST OPERATIVE INSTRUCTIONS FOR ANAL DAY SURGERY PROCEDURES

- Avoid strenuous activity for 1-2 days after your procedure.
- Have sitz baths( salt baths) by sitting for about 10 minutes in about 3 inches of warm salty water at least 3 times a day and after every bowel movement.
- You may experience some bleeding, discharge, or itching during your recovery. This is normal.
- Avoid constipation by using a laxative or a fibre supplement and eat more high fibre foods. Drink about 8 glasses of water a day, unless directed otherwise.
- Avoid straining with bowel movements as this can increase pressure and irritation which can cause pain and swelling.
- Do not spend too long sitting on the toilet.
- You should take pain relief tablets if you are experiencing any pain. Your recovery will be aided if you are comfortable so take the pain relief tablets as required. However, some pain killers can cause constipation so follow the previous instructions to help avoid this.
- Contact your doctor if:
  - You have a fever
  - Large amount of bleeding or discharge
  - Trouble passing water
  - No bowel movement for more than 48hrs.

**St Vincent's Private Hospital Sydney**

406 Victoria Street, Darlinghurst, NSW 2010 Australia

[www.svphs.org.au](http://www.svphs.org.au)

Secure Print 08.02.2016