



**NorthStar Surgery**  
Specialists, P.A.

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## **AnoRectal Discharge Instructions**

1. Drink 8-10 glasses of non-carbonated, non-caffeine containing, non-beverages per day.
2. Take 1 dose of Metamucil 2 times a day.
3. Take a stool softener OTC (e.g. Colace or Senna) twice a day.
4. Eat a high fiber diet.
5. If applicable, remove the outer bandages tomorrow or prior to a bowel movement this evening. Also, remove the gauze anal packing upon having your first bowel movement or with your first shower.
6. Resume normal activities. No heavy lifting, straining, pushing, pulling, or exercise for the next 3-4 weeks.
7. Take warm water sitz baths for 10-20 minutes 3-4 times a day and after a bowel movement as needed for comfort.
8. For postoperative pain a prescription is provided.
9. Should you become constipated with no bowel movement for one day, take over-the-counter Miralax at the recommended dose. If there are no results in six hours. Repeat.
10. You will have blood in your bowel movement for a few days to a few weeks. If it becomes steady and /or excessive, call the office 512-491-6542.
11. Mucous discharge and swollen anal tissue are common after surgery and usually does **not** indicate a problem.
12. Call to make an appointment for a post-op visit in 3-4 weeks.
13. **DO NOT** take any aspirin-containing products for at least 2 weeks. Tylenol approved.
14. Most stitches will dissolve. It is normal to see them in the toilet bowl.
15. If you have further questions or concerns please do not hesitate to call the office.