

**Postoperative Instructions:**

1. The following medications or prescriptions will be sent home with you:
  - a. **Percocet-5** one tablet every 4-6 hours as needed for pain.
  - b. **5% xylocaine ointment** apply externally with cotton dressing after each bath and bowel movement.
  - c. **Colace** 100mg- one four times a day
  - d. **Kondremul**, one ounce at bedtime.
2. Postoperative office visits are essential to insure proper healing of your rectal wounds. Please call the office to make your first appointment as instructed. No extra charge is made for these office visits.
3. Sitz baths, comfortably warm, may be taken three times a day, especially after bowel movements. Baths should last no longer 20 minutes
4. Some bloody discharge, especially after bowel movements, can be expected after rectal surgery. **If there is prolonged or profuse bleeding, call us at once.**
5. Bowel movements after rectal surgery are usually associated with some discomfort. This will diminish as the healing progresses. You should have a bowel movement at least every other day. If 2 days pass without a bowel movement, take an ounce of **Milk of Magnesia** and repeat in 6 hours if no results.
6. The use of dry toilet tissue should be avoided. After bowel movements use wet Kleenex or cotton or Tucks Pads to clean yourself, or if possible take a sitz bath.
7. A general diet is recommended, including plenty of fruits and vegetables. Try to drink 6 to 8 glasses of water a day.
8. No strenuous exercise or heavy lifting should be attempted until healing is well under way. Climbing stairs, walking, and car riding and driving may be done in moderation.

Additional Instructions: \_\_\_\_\_  
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Instructions Given By: \_\_\_\_\_

Instructions Received By: \_\_\_\_\_