Going Home After
Anorectal, Abscess, Pilonidal Sinus, Fissure, Fistula or Hemorrhoid Surgery

Read this pamphlet to learn about:

• How to take care of yourself at home
• What activities you can do
• How to care for your dressing and wound
• How to cope with pain
• What to do in case of an emergency
• Making your follow-up appointment

You have had an anesthetic or narcotic medicine.

• Do not drive a car or drink alcohol for 24 hours.
• Have a responsible adult stay with you overnight.
What can I eat and drink after my surgery?
For the first day have clear fluids, like apple juice, ginger ale, clear tea and broth.

The next day you can slowly go back to eating your usual meals.

If you are vomiting or feel nauseous (sick to your stomach), you can take anti-nausea medication such as Gravol. You can buy it from your pharmacy without a prescription. Always follow the instructions on the package and keep drinking fluids (such as water) until the nausea stops. Then you can slowly return to eating your usual meals.

How much activity is safe?
Go home and rest today.

You will be walking within hours of your surgery, so keep taking short walks at home for the first day. For example, you can try walking to the bathroom, kitchen or bedroom.

• Do not lift anything over 10 pounds (5 kilograms) such as groceries, small children or pets.

• Do not sit for long periods of time.

• Do not try strenuous or tiring activities such as swimming, gardening, shoveling snow, biking and jogging.

Gradually go back to doing your regular activities.

You should continue to get better and return to your usual activities within 2 days.

When can I return to work and sports?
You can return to work and sports in 2 weeks, unless your surgeon gives you different instructions.
How do I take care of my dressing (bandage)?
Leave your dressing on for 24 hours. Then take the dressing off and do not put it back on.

Start taking sitz baths twice a day, or more often if you want. (A sitz bath involves sitting in a tub of warm water for 15 minutes. Do not use soap.)

After your sitz bath:
• Dry your wound with a clean bath towel
• Put a new piece of gauze bandage on the wound (4x4 gauze is a thin bandage that you can buy at a pharmacy)
• Hold the gauze bandage in place with clean underwear

If your surgeon prescribed an ointment for your wound, get the prescription ointment from your pharmacy and apply it to your wound as directed. Put your ointment on after your sitz bath.

If your surgeon ordered a Jelonet dressing for your wound, apply it to your wound after you have your sitz bath. A Jelonet dressing is a gauze bandage covered in Vaseline. You can buy this from your local pharmacy without a prescription. Hold the Jelonet dressing in place with clean underwear.

If your surgeon’s office has arranged home care for you, it should begin the day after your surgery. The Home Care Nurse will contact you the day after your surgery. Your Surgeon’s office will make all the arrangements for Home Care, if needed.

☑ Always wear clean underwear.
☑ Always keep your dressing clean and dry.

Your nurse will tell you which instructions to follow.
**When can I shower or take a bath?**

- You can take a shower 24 hours after your surgery.
- After you have a bowel movement, make sure to clean and dry the area well. Do this until the wound has healed, about 7 to 10 days after your surgery, or longer if you want.
- Always wear clean underwear and keep the wound and the area around your wound clean and dry.

**How do I cope with my pain?**

It is normal to have pain after this surgery. You should have less and less pain every day.

We will give you a prescription for the pain. Fill the prescription at your local pharmacy. Always follow the instructions for taking the medication.

As you start to feel better, take less and less until you do not need any pain medication. Or, change your medication to Tylenol Extra Strength and follow the instructions on the bottle.

**What if I am constipated?**

Pain medication can make you constipated.

To help prevent constipation:

- Take the stool softener that the surgeon prescribed for you.
- Drink about 3 to 5 glasses of water a day (each glass should be 8 ounces).
- Eat food that is high in fibre such as fruit, vegetables and bran.
- If you have not had a bowel movement after 3 days, take a laxative such as Milk of Magnesia. You can buy it at a pharmacy without a prescription. Follow the directions on the bottle.
Problems to watch for

Call your surgeon, family doctor or come to the Toronto Western Hospital Emergency department if any of the problems below happen to you.

If you are from out of town, go to the nearest emergency department.

- **Bleeding** that does not stop after you apply pressure for 15 minutes
- **Severe pain** that does not go away when you take the pain medication
- **Fever** (temperature over 38 °C or 100 °F)

Follow-up appointment

Please call your surgeon's office to make a follow-up appointment. The appointment should be 2 to 4 weeks after your surgery.

Bring your health card (OHIP) with you to all your hospital visits.

□ Dr Chadi 416 603 6769  
□ Dr Jackson 416 603 5599  
□ Dr Okrainec 416 603 5224  
□ Dr Penner 416 603 6220  
□ Dr Quereshy 416 603 5553

Date:______________________________ Time: ____________________
Special instructions for you

For more information visit our website:
www.uhn.ca or www.uhnpatienteducation.ca

Important: This is not a full list of brands or products. The University Health Network does not recommend one brand over another and is not responsible for any products listed. Please contact each company directly to find out more about their products.

Visit www.uhnpatienteducation.ca for more health information.

Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

© 2019 University Health Network. All rights reserved.

Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.