

Anal Exam,External/Internal Hemorrhoidectomy, Anal skin tag removal, Anal biopsy etc..

Pre-Operative Instructions

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Office: 520-512-5757

**** Call 7- 10 days before surgery to get meds****

Booking/Arrival/Transport to O.R.:

- Our office will contact you regarding time, place, time of arrival and instructions about surgery.
- **Nothing to eat or drink from midnight night before procedure or as my office directs you. Your case may be cancelled otherwise.**
- Meds may be taken with sips as usual. You may be asked to stop certain medications before or on the day of surgery.
- You are usually asked to arrive 2 hours before your scheduled time.
- Upon arrival, you'll meet your O.R. team including your anesthesiologist. After discussion, you will receive a mild intravenous sedative and taken to the O.R. where you will be further sedated, then undergo placement of tube through your mouth into your lungs to deepen anesthetic. You will not be aware of this tube being placed or removed, but you will likely have a sore throat for a few days.
- You must have a friend/family member to take you home and ideally stay with you the first night. Otherwise a meditaxi may be arranged via your insurance company. You are responsible for arranging appropriate transport. If suitable transport is not available, your procedure may be cancelled.
- **You may not go home in a regular taxi or bus.**
- **What to do to prepare/what to get ready:**
 - **If you are chronically or currently constipated: please take magnesium citrate one bottle in a.m. two (2) days before surgery to evacuate intestinal tract. This often helps in preventing postoperative constipation and pain with bowel movements. You may get at drugstore without prescription.** If you don't have chronic or current constipation, you don't need to take.
 - **Also obtain from drugstore: "kotex pads , babywipes, ibuprofen, acetaminophen (Tylenol), colace, milk of magnesia, benadryl for use afterwards. Small bottles of 10-20 pills are enough to start with.**
 - **Have water/snacks at bedside so meds may be taken with them.**
 - **Ice packs available.**

After the procedure:

- You will stay in the recovery area for at least 2 hours potentially longer depending on any medical issues.
- I will speak with any family/friends waiting for you, review operative findings, and review instructions.
- Prior to Discharge, you will have an opportunity to review instructions with the R.N. staff and your family/friends.

Postoperative expectations/Restrictions:

- **Wound pain is significant after certain anal procedures for 3-5 days, starts to diminish by 2 weeks**, but will be present to varying degrees for several weeks , rarely several months. The pain may be burning, stabbing, aching, hot/cold or numb/tingling. It helps to sit on a pillow while at home or work. **Pain should be treated aggressively (see below)**
- You will have significant **swelling, spotting, masses in the anal area** that will resolve over **several weeks/months**. In some patients with extensive disease, a second/ rarely third procedures are necessary.
- A “Kotex Pad” will be placed after surgery. Please use such pads for 1-2 weeks in undergarments to prevent staining.
- **Diet:** As usual.
- **Fatigue, nausea, constipation are common for a few weeks. Constipation should be treated aggressively (see below).**
- **Alcohol** should be avoided for the first 5 days.
- **Activity:** as usual. Do not to lift more than 15 lbs or perform strenuous athletic activities for 2 weeks .
- **Urinary retention:** Rarely patients are unable to urinate after surgery. **If you are unable to do so 6 hours after you arrive home, please call.** I may ask you to present to an E.R. to have a 12 French catheter placed into your bladder, to stay in place for 5-7 days, with plans to remove in my office.
- **Travel** should be avoided for 2 weeks after the procedure, if possible.
- **Driving** should be avoided for 5-10 days. Subsequently drive if you are fully alert, not on narcotics, and feel you can appropriately react to any driving stressor. It helps to sit on a pillow.
- **Home medications** may be resumed as usual upon arrival home. Specific instructions may be given regarding certain medications such as blood thinners.
- **Wound Care:**
 - **Soak in tub of warm water 3-5 x a day (no soap), or shower as usual.**
 - **Use babywipes to pat area after bowel movement or wash in shower.**
 - **Apply lidocaine ointment 4-5 x a day to anal area for pain relief.**
 - **wear “kotex pad” in undergarments for 1-2 weeks to prevent staining**
- **Showers:** You may shower that night or the next morning.

For Pain relief: Take meds with food/water

- Ice on wounds, 20 minutes at a time, 2-3 times a day is helpful (**odd I know but I've had several patients say ice to the anal area was immensely helpful**).

#1 Lidocaine Gel or ointment apply to anal area 4-5 x/day for pain relief. I will provide prescription.

#2 Ibuprofen 600 mg -800 mg by mouth every 8 hours (avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal or if on blood thinners). **Try to take regularly for the first 3 days to keep ahead of pain.** Obtain at drugstore, no need for prescription.

#3: Tylenol 1000 mg every 8 hours (avoid if liver disease). Try to take regularly for first 3 days then as needed. Obtain at drugstore , no need for prescription

#4 A narcotic.

#5. Most patients get Pregabalin to take by mouth am and pm for two days postop. **Most insurances do not cover , You may have to pay out of pocket for it..about \$30.00**

You must aggressively medicate after this surgery.

For Nausea:

#1 Promethazine or ondansetron. (you will receive a prescription).

#2 Benadryl 12.5 – 25 mg by mouth every 8 hours if #1 not enough. This may be obtained at the drugstore without prescription.

#3 Any other med we decide on if the above not helpful.

Treatment of Constipation:

#1 Colace 100 mg by mouth in am and pm. **Start this when you get home!!** If not enough to help in 24 hours, then stay on it and add:

#2 Milk of Magnesia 30 ml once a day. If no B.M. 24 hours later, then stop it, stay on colace and add:

#3 Magnesium Citrate 1 bottle once by mouth. It helps to get it ice cold, pour over ice, take over 1 hour. Drink a large glass of water with it. **If no B.M. in 24 hours then:**

#4 Repeat magnesium citrate ½ bottle by mouth once again

#5 If none of the above work, call me for other options. You and I may discuss other options if you have chronic constipation.

All may be obtained at the drugstore without a prescription. Enemas are too painful after anal surgery.

You must aggressively treat constipation after this procedure

Itching:

#1 Benadryl 25 mg tablet by mouth every 8 hours.

Time off from Work/School:

- **Plan on taking 4 weeks off.** You may return once you feel you can work a full day and treat pain adequately. **Some patients have taken 4+ weeks off.**
- Please let me know if you need a **work release**. You may get it on day of follow up or we can fax to number you provide. Please be specific as to when you want to go back to work.
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of \$25.00.**

Follow Up:

- Call our office within a day or two after surgery (on a standard business day) to make a followup appointment for 2 weeks. You may also make a follow up appointment on the day you are contacted with your scheduling info.
- Call if you have Temp > 102, persistent, vomiting, worsening pain, or if you are unable to urinate 6 hours after you arrive home.

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