

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

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**Follow Up:**

- Call in next several days to make an appointment to see me in 2-3 weeks.
- Call if you have Temp > 102, persistent vomiting, worsening pain, or if you are unable to urinate 6-8 hours after you arrive home.

**Prescriptions:** Please give at least 2 days' notice to obtain refills on meds after surgery.

**Supplies:** "donut cushion" to sit on at work/home or while driving, Colace (generic stool softener), small bottle of milk of magnesia, ibuprofen 200 mg tabs, Tylenol 500 mg tabs, small box of kotex pads, and saline baby wipes. All may be obtained over the counter to have ready before

**PAIN IS SEVERE FOR THE FIRST FEW DAYS TO WEEKS AFTER THIS PROCEDURE. READ ONLINE ABOUT PATIENT'S EXPERIENCES WITH THIS PROCEDURE TO GET AN IDEA ABOUT DIFFICULT RECOVERY.**

**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 "donut" cushion to take pressure of the anal area.** This can be obtained at most drugstores. **Pain should be treated aggressively ( see below)**
- You will have significant **swelling, spotting, and masses in the anal area** that will resolve over **several weeks**. In some patients with extensive disease, second or rarely third procedures are necessary.
- **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. It is best not to lift more than 15 lbs. or perform strenuous athletic activities for **at least 4 weeks**.
- **Urinary retention:** Rarely patients are unable to urinate after this procedure. **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 donut cushion (can be obtained at most drugstores).
- **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 2 x a day or as helpful (no soap ), or shower as usual.
  - Use baby wipes to pat area after bowel movement or rinse in shower.
  - Wear “kotex pad” in undergarments for 1-2 weeks to prevent staining
- **Showers:** You may shower anytime after this procedure.

**For Pain relief: Take meds with food/water**

- Ice on wounds, 20 minutes at a time, 2-3 times a day is helpful (**use heat if that feels better**).

#1 Lidocaine Gel /ointment: apply to anal area 4-5 x/day for pain relief. You will receive prescription.

#2 Tylenol (acetaminophen) 1000mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (Avoid if cirrhosis). Obtain at drugstore, no need for prescription.

#3 Ibuprofen 600 mg every 8 hours by mouth. **Try to take it regularly for 3 days, then only as needed.** (Avoid if gastritis, ulcers, inflammatory bowel disease, intolerance to this drug, kidney failure/kidney removal, or if on blood thinners). Obtain at drugstore, no need for a prescription.

**ALTERNATE IBUPROFEN AND TYLENOL EVERY 4 HOURS.**

#4. Pregabalin (Lyrica) to take by mouth every night until all tabs gone. This is a nerve med to treat pain. **It may cost of up to \$30.00 if your insurance does not cover. Please consider paying out of pocket. You will receive a prescription.**

#5 A narcotic prescription may be provided. You can take **in addition** to all of those above.

**For Nausea relief:**

#1 Ondansetron 4 mg every 4 hours as needed for nausea. You will receive a prescription.

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

**Treatment of Constipation: YOU MUST AGGRESSIVELY TREAT CONSTIPATION for 2-6months to keep stool very soft.**

#1 Start Colace 100 mg by mouth in am and pm: start this **on the night of surgery**. If no bm 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 no more Milk of Magnesia, stay on Colace and add:

#3 Magnesium Citrate 1 bottle once by mouth. Take ice cold over 1 hour, poured over ice along with large glass of cold water. If no B.M. in 24 hours:

#4 Repeat magnesium citrate 1 bottle by mouth once again.

#5 If none of the above work call me for other options/or we can discuss long term med options.

**All may be obtained at the drugstore without a prescription.**

**Itching:**

#1 Benadryl 25 mg tablet by mouth every 8 hours. Obtain at drugstore, prescription not needed.

#2 We can always consider topical Benadryl ointment or topical steroid ointments but they may cause a burning sensation when applied. They can be obtained at drugstore, prescription not needed.

**Time off from Work/School:**

- **Plan on taking 4 weeks off but** 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/restrictions.**
- **Any disability paperwork may be dropped off. We may take 5-7 days to complete. There is a fee of \$25.00.**

C07/R22