



PERINEAL PROCTECTOMY DISCHARGE INSTRUCTIONS

1. Please call (804) 249-2465 for a follow-up appointment in _____.
2. You may take over-the-counter Tylenol (acetaminophen) or Motrin (ibuprofen) for pain.
3. Take new prescriptions, including any for breakthrough pain, as directed. **NO DRIVING WHILE TAKING PRESCRIPTION PAIN MEDICATIONS.**
4. If you take blood thinners, clarify with your physician before resuming.
5. Avoid constipation by eating high fiber, well-balanced meals; drinking plenty of fluids; and taking over-the-counter Miralax (17g or 1 capful) daily.
6. Expect slight bright red blood up to 4 weeks after surgery. You can wear a pad in your undergarments to prevent staining if needed.
7. Stitches are the dissolving type (they do not need removal in the office).
8. For some patients, a gelfoam packing will come out of the rectum with the first bowel movement.
9. Avoid using donut seats. Avoid sitting on the toilet for more than 5 min at a time. Avoid straining on the toilet.
10. If you experience difficulty urinating, sit in a warm bath to assist. If you are still retaining urine for more than 8 hrs, you may need to go to the ER to have a catheter placed and return home. If this happens, please call the office to inform your doctor in the morning.
11. No heavy lifting until after your follow-up appointment.
12. You may walk and use stairs as desired.
13. There is a surgeon on-call 24/7 to discuss new, urgent concerns. (804) 249-2465.