Anal and Peri-Anal Surgery A Guide for Patients/Families

Activities

You can start your daily activities as tolerated.

Pain

 Some discomfort at the operation site is normal. Take pain killers as prescribed. If the pain becomes unbearable contact the hospital.

Sitz Bath

 You should sit in a tub of plain, warm water for at least 15 minutes, 2-3 times a day. After bath, dry the operation site and keep a few pieces of gauze at the operation site and wear fitting underwear.

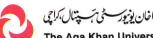
Bleeding

- There may be some bleeding from the operation site (spotting) for a few days after surgery.
- If large in amount (half a cup full) or persisting after 4-5 days, contact the hospital or the Emergency Department.

Diet and Bowel Habits

Avoid constipation
Take plenty of fluids preferably 10-16 glasses of water/fluid a day.

 Take a high-fibre (roughage) diet like green vegetables, whole grain cereals and fruits.



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- Isphagol husk should be taken with lost of fluid, if you are usually constipated.
- Do not strain or push during defecation. Relax, and breathe through your mouth.

Follow-Up

• It is important to keep your follow-up appointment.

For Further Information, please call:

Surgical Day Care Monday to Friday

From: 8:00 AM - 5:00 PM Aga Khan University Hospital

Telephone: 4930051, Ext: 4190-93

Emergency Room
Monday to Friday
Form: 8:00 AM 5:00 PM

Form: 8:00 AM - 5:00 PM Aga Khan University Hospital

Telephone: 4930051, Ext: 1090-91