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.

The Aga Khan University Hospital, Karachi
P. O. Box 3500, Stadium Road, Karachi-74800, Pakistan,
Website: www.aku.edu
• 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:

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<thead>
<tr>
<th>Surgical Day Care</th>
<th>Emergency Room</th>
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<tr>
<td>Monday to Friday</td>
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<tr>
<td>From: 8:00 AM - 5:00 PM</td>
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<tr>
<td>Aga Khan University Hospital</td>
<td>Aga Khan University Hospital</td>
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<tr>
<td>Telephone: 4930051, Ext: 4190-93</td>
<td>Telephone: 4930051, Ext: 1090-91</td>
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