

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.



آغا خان یونیورسٹی ہسپتال، کراچی


The Aga Khan University Hospital, Karachi

P. O. Box 3500, Stadium Road, Karachi-74800, Pakistan.

Website: www.aku.edu



Organization Accredited
by Joint Commission International

- 
- 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 Aga Khan University Hospital Telephone: 4930051, Ext: 1090-91
--	---