



Going Home Instructions after Perianal surgery



**CENTRAL SYDNEY
COLORECTAL SURGEONS**

We hope the information provided in this newsletter will be helpful for the patients who just went through perianal surgery.



After the Perianal Surgery:

- + It is important to ensure that patient is accompanied by a family member or friend to travel back home and stay with the patient for at least 24 hours after the perianal surgery.

Caring for the Surgery Site:

- + Patient will be have a dressing over the wound and the dressing can be removed the day after the surgery.
- + If you are worried about the amount of bleeding, don't hesitate to contact us
- + Pat dry the wound area after bathing.
- + Gently cleanse the area with water to keep the area clean.

Driving:

- + You can drive as soon as you are comfortable, which is often a week, but may take longer. Do not go alone the first time and do not drive after taking pain medications.

Keep the wounded area clean:

- + Warm water helps relieve the pain faster
- + Make sure that wounded area is clean.
- + Do not use soap or any perfumed product until your wound is completely healed.
- + Use baby wet wipes to keep the area clean after each bowel movement.

What if I go through continuous pain?

- + It is recommended to take a warm water bath every day. This is considered as an effective method to reduce pain.



Activity :

- + No driving or working. Otherwise, you may return to work when you feel that you are able. Avoid activities that can lead to direct effect on the area.

Diet :

- + It is advised to obtain food rich in fiber content. Avoid food that cause indigestion or loose stools. Foods which cause increased mucus production like tomatoes, citrus fruits like orange, coffee, tea, alcoholic beverages, nuts, spices, and chocolates should be eliminated from the patients food's menu.

Dehydration :

- + Decreased urine output, or dark urine is a sign of dehydration. Drink at least 8 glasses of liquids a day, and more in summer.

Wound infection :

- + Excessive swelling, redness, drainage or severe pain should be reported.

Infections related to surgery:

- + Fever, nausea and feeling of being unwell should be reported.

Follow-up :

- + Appointment with your surgeon usually in 6 to 8 weeks. If not already organized prior to discharge, call (see below) for scheduling

Contact

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