

Follow up Appointment

Make an appointment to see your surgeon in one week.

- Dr. Crowley(250) 545-6443
- Dr. H. Hwang(250) 545.2288
- Dr. Ainslie(250) 545.6443
- Dr. G. Hwang(250) 545-6443
- Dr. Demetrick.(250) 545.6443
- Dr. Wiseman.(250) 545.6443
- Dr. Langer(250) 545.6443



Post-Op Care following Hemorrhoidectomy or Anal Fistulotomy

Healthlink BC

Dial 8-1-1
Hearing Impaired Dial 7-1-1
Talk to a Nurse 24 hours/day, 7 days/week
Pharmacist available between 5 p.m. - 9 a.m. daily
Dietitian between 9 a.m. - 5 p.m. - Monday to Friday
www.healthlinkbc.ca

Vernon Jubilee Hospital
2101 32nd Street
Vernon, BC V1T 5L2
Phone: 250-545-2211

If you have any questions or concerns, please discuss them with a nurse.

If you have had a daycare surgery, you **must** be accompanied home by a responsible adult. You are **not allowed** to drive. If you take a taxi home, an adult must be with you.

If you have had a general anesthetic, a responsible adult **must** stay with you after your surgery and overnight.

You **must not** drive or operate heavy machinery for at least 24 hours following anesthetic.

Do not drink alcohol for 24 hours following surgery as it will increase the effect of the anesthetic. **Do not** drink alcohol while taking narcotics for pain control.

Follow the instructions given to you by your Doctor. Take medication for pain as ordered.

Wound Care

2–4 Sitz baths per day for 1 to 2 weeks. (Sitz baths can be purchased at medical supply store/pharmacy) or sit in warm water in a tub. After bowel movements have a sitz bath then **PAT** the area dry, avoid vigorous wiping. Ensure the area is **dry**. You could air dry or use a hair dryer. To protect your clothing you may use a pad in your underwear while discharge is present, change the pad regularly. You can use “ABD Pads” these pads are available in pharmacies or use panty liners.

Diet

Resume your normal diet. To prevent straining associated with constipation increase your intake of non-caffeine containing fluids up to 6–8 glasses per day and gradually increase your intake of dietary fiber. High fiber foods include bran, whole grains, beans, peas, lentils, fruit and vegetables. Take mild laxative (ie: one ounce Magnolax **if** having difficulty with bowel movements). **Do NOT STRAIN** with bowel movements.

When to call your Doctor

A small amount of blood with the first bowel movements is normal. Call the Dr. if you have marked rectal bleeding, abdominal pain, vomiting or foul smelling rectal discharge, fever greater than 38.5° C and or chills. If you pass more than ½ cup of blood or have clots present come to the Emergency Department.

Activity

Walking is permitted, start out short distances and gradually increase as tolerated. This helps prevent Constipation also. Do not use a rubber ring to sit on, it causes the buttocks to separate and will cause more pressure on the surgical area. You may sit on a soft piece of foam or a pillow however a firm surface chair will be the most comfortable. Do not use ointments or suppositories without asking your Doctor.