

# Springfield Clinic Colon & Rectal Surgery

## Patient Instructions After Anorectal Surgery

- 1. Pain control and preventing constipation** are your primary goals during recovery. You should take the following as directed:

### Prescription medications you may receive:

- Flexeril
- Norco (*Hydrocodone*) – narcotic
- Lidocaine numbing ointment (*RectiCare is available over the counter*)
- Tramadal
- Gabapentin

### Your surgeon will mark which over the counter (OTC) medications to start after surgery:

- Miralax daily (*may take generic*)
- Colace twice a day (*may take generic*)
- Citrucel – Take 1 tablespoon twice a day
- Metamucil - Take 1 heaping tablespoon daily
- Ibuprofen (*Advil/Motrin*) (*Do Not Take ibuprofen while taking Ketorolac*)

### Drink at least 8 glasses of water daily. Avoid alcoholic drinks for 24 hours.

- 2. Soak** in very warm bathtub twice daily and after bowel movements for 10-15 minutes. This helps healing and provides pain relief.  
*If you do not have a tub, you can buy a sitz bath at a pharmacy to fit on your toilet seat. Showers are not as effective, but acceptable.*
- 3. Expect some bleeding/drainage.** Place dry gauze or a feminine pad in your underwear. You may need a pad for up to 2 weeks.
- 4. If no bowel movement by 3rd day after surgery:**
  - Take Milk of Magnesia according to package directions. *It may take 1-6 hours to work.*
  - Do not strain.
  - Do not sit on the toilet longer than 10 minutes.



- 5.** You will be able to resume all home medications. **If you are on blood thinners**, you will receive specific instructions regarding when to restart that medication.
- 6.** You will be able to resume your regular diet after surgery.
- 7.** After surgery, you should **not lift anything over 20 pounds** until your follow up appointment.
- 8.** Your surgeon will want to **see you 3 to 4 weeks after surgery**. Call on or day after surgery to make this appointment.
- 9.** You **may drive** a car when you are **no longer taking the narcotic pain medication**, and your pain is well controlled.



309.495.0200 • 800.444.7541

[www.SpringfieldClinic.com/ColonRectalSurgery](http://www.SpringfieldClinic.com/ColonRectalSurgery)