

Post-Operative Instructions

DIET: Soft diet for 2 days, then slowly return to regular diet. Try to avoid large quantities of milk, cheese, ice cream, coffee, tea, beer and soda for the first 2 weeks. It may cause increased burning, pain and leakage.

BLEEDING: During the healing process, it is normal to have some bleeding. Please notify the doctor if you bleed more than a ½ cup and continue to bleed, or if you pass **VERY LARGE, SILVER DOLLAR SIZE, DARK RED OR JELLY-LIKE BLOOD CLOTS**. You are at risk to emergency bleed for 2 weeks following surgery. If you cannot reach the doctor through the office or the exchange number, then go to the emergency room.

Please note that passing small clots is normal (nickel, dime or quarter size).

BOWEL MOVEMENTS: IT IS OK TO STRAIN TO HAVE A BOWEL MOVEMENT.

If your surgery is on _____ and you have not had a bowel movement by _____ give yourself a fleet enema.

If by that evening you have not had a movement, take 3 ounces of Milk of Magnesia. If by the next morning you still have not gone, repeat the Fleet enema. If by the afternoon of _____ you still have not been able to have a bowel movement, call the office before 3:00 p.m. that day.

Take your pain pills before you need to strain to empty your bladder or to have a bowel movement.

URINATION: YOU MAY NEED TO STRAIN TO URINATE.

If you start to experience increased rectal pain, fever, chills and/or night sweats, you may not be emptying your bladder completely.

Take 2 pain pills; wait 30 minutes and get into a warm tub of water or warm shower. STRAIN (really bear down) to urinate. It's ok to strain, you will not tear anything. Call the office (or the exchange if after hours) if symptoms persist and/or get worse. If you become severely distended in your lower abdomen and cannot urinate, take these instructions and go to the nearest emergency room for a catheter.

SITZ BATHS: Sitz baths help with the discomfort you experience following surgery. You may take a sitz bath 1-4 times a day (after a bowel movement would be a good time). Epsom salt is not needed. Just sit in a bathtub of warm water. You are not required to take them in order to heal.

DO NOT SIT IN THE WATER MORE THAN 10-20 MINUTES AT A TIME.

SURGICAL SITE: Your surgical site may have stitches that will dissolve on their own in 1-2 weeks. You may apply witch hazel or Tucks (can purchase at your pharmacy) to sooth, as tolerated. You may use clean gauze tucked between buttocks to collect any drainage. Drainage is complexly normal until you are healed. This is not an infection.

FIBER: YOU SHOULD TAKE SOME TYPE OF FIBER. Some type of over the counter brand (Benefiber, Metamucil, Konsyl, Unifiber, etc.) 2 times a day.

LAXATIVE: YOU SHOULD DO THIS. One of the following: Senakot, Perdiem or generic senna. Take 1-2 tablets in the morning and 1-2 tablets in the evening. If having 3 or more bowel movements a day, cut back or discontinue the laxatives.

IF YOU HAVE ANY SYMPTOMS LISTED BELOW, PLEASE CALL THE DOCTOR.

1. **Chills or fever (101 or above)**
2. **Nausea or vomiting**
3. **Severe pain not relieved with pain medication**
4. **If you have severe constipation or diarrhea**
5. **If you can not urinate**
6. **Severe bleeding**

One of the reasons you may have fever is because you are not completely emptying your bladder.

If you have questions or concerns, please call the office between 7:30 a.m. and 3:30 p.m. (M-F)

OFFICE: 207-877-9562

Pager number: 207-580-6052

Dr. Hurdle is on staff at Inland Hospital and Maine General Medical Center.

Find the map for directions on any of our websites below.

If you go to another hospital, take these papers with you and have the doctor in the emergency room call Dr. Hurdle so he can help coordinate your care.

There are doctors on call at other hospitals who would help us if needed.

It is extremely important that you follow up after surgery.