



## Colon & Rectal Surgery, Colonoscopy & Endoscopy

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### Pre-Op Instructions for Anorectal Surgery

You need to have a pre-operative physical with your primary care doctor ONE week prior to your surgery. If you don't have access to a primary care doctor, please let us know immediately and we will be happy to make arrangements for you.

Do not take any Aspirin, Ibuprofen or other non-steroidal anti-inflammatory medications, if possible, for ONE week prior to your surgery. If you are taking Coumadin™ (Warfarin), Plavix™ or other blood thinners, please contact your primary care doctor for instructions. You may take all other prescription medications.

Stay on a clear liquid diet the day prior to your surgery. Our office will give you instructions on the need for a bowel cleanser and how long not to eat or drink prior to the surgery. Constipation can make your recovery more difficult. Prevent constipation by taking a daily fiber supplement (Benefiber™, Metamucil™, Hydrocil™, etc). One tablespoon in a glass of water in the morning is the recommended dose. We recommend powders over pills. Drink plenty of liquids and follow our instruction carefully. The best time to correct constipation is prior to surgery.

After surgery, having an ice pack close to the area will help decrease the swelling. The first day after surgery, short warm sitz baths or showers will help improve your symptoms. Avoid any sitting "doughnuts" or any persistent pressure to the area. Use a soft fluffy pillow to sit and change position frequently.

You will need someone to drive you home after your surgery. You will not be allowed to drive, take a taxi or bus after the procedure because of the anesthesia or sedation you received. We recommend a responsible adult to be with you during discharge and to stay with you for 12 hours after the surgery.

Your judgment may be impaired because of the sedation. Feeling tired, sometimes with nausea, is common. Follow the post-operative instructions carefully. Plan a light meal after the surgery and continue to drink liquids, since many patients may be dehydrated.

Local anesthesia is usually injected for postoperative pain relief; usually lasting for 4-6 hours. You will receive prescription medication for your pain and spasms. Do NOT take more than indicated. Make sure to have Tylenol™ and Ibuprofen at home to complement the pain control.

Please make the adequate arrangements for after surgery. Anorectal surgery can be associated with pain and certain limitations. It will be necessary to take 2-7 days off work to recover from surgery and in some instances more time is required. The better you take care of yourself the first 2-3 days after surgery, the quicker your recovery will be.

If you have any questions about your surgical procedure, please contact us. It is very important to be well informed about the procedure, risks and benefits, alternatives and expectations. We take surgery very seriously. Your surgeon will see you before surgery and answer any last minute questions. Post-operative instructions will be given at the hospital or surgery center. Please go to our website [www.drisaac.net](http://www.drisaac.net) for more information. Look for patient education and instructions.