

**SURGICAL ASSOCIATES OF FREDERICKSBURG**  
**Dr. Richard Fortunato**  
**RECTAL SURGERY POST-OPERATIVE INSTRUCTIONS**  
**(540) 373-2244**

**General Instructions**

- Drink a lot of water! (6-8 glasses per day)
- Regular diet (continue pre-operative restrictions, such as diabetic, cardiac etc.)
- Moderate activity (out of bed and around the house, short walks).
- No heavy lifting that requires straining or sexual activity until after discussing with physician at the first post-op visit.
- Do not sit on a round doughnut cushion. May sit on a soft foam pillow.
- 3-4 warm tub (sitz) baths daily. Limit to 10-15 minutes at a time.
- Remove dressing the morning after surgery during sitz bath, or sooner if soiled.
- Remove packing (patients with abscess) the morning after surgery during sitz bath.
- Continue usual pre-op medications (blood pressure, heart, diabetic, etc.)

**Pain Medications**

- Hydrocodone 7.5mg/325mg - Take one (1) tablet every 6 hours if needed for pain. If not effective, may take 1 tablet every 4 hours.
- Percocet 7.5 mg/325mg - Take one (1) tablet every 6 hours if needed for pain. If not effective, may take 1 tablet every 4 hours (no more than six (6) tablets in 24 hours unless instructed by physician).
  - This is a narcotic pain medication and may cause constipation
  - No alcoholic beverages while taking narcotic pain medications
  - No driving while taking narcotic pain medications
- May take ibuprophen (Motrin, Advil, etc.) in addition to narcotic pain medication
- Other \_\_\_\_\_

**Laxatives (until first post-op visit)**

- Miralax-  Half (½) capful     One (1) capful each     AM     PM
- Dulcolax 5 mg - One (1) tablet each     AM     PM
- Colace 100mg (stool softener) - One (1) gel cap each  AM     PM
- Konsyl fiber - One (1) packet or 1 teaspoonful each
- Metamucil powder - One (1) packet or 1 tablespoonful each  AM     PM
- Kondremul  15 ml     30 ml     45 ml each  AM     PM
- Other \_\_\_\_\_

**Call MD**

- Excessive rectal bleeding (a cup or more of blood and clots), some spotting is anticipated
- Fever or more than 101 degrees
- Constipation (first bowel movement is usually 2 or 3 days after surgery)
- Diarrhea (may need to decrease laxatives)
- Difficulty urinating (first try voiding during a warm bath or shower)
- Unmanageable pain (some significant pain is anticipated)

**Follow-up Appointment:**

Please call our office (540) 373-2244 and make an appointment for about ~~two~~ weeks from your date of surgery, if one has not already been made for you prior to discharge from the surgery center/hospital. If you have problems before your appointment time, you can reach me or one of my associates at any time by calling the office number.

Appointment date: \_\_\_\_\_ .