

# PREMEIRE SURGICAL SPECIALISTS

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## Post Operative Instructions for Hemorrhoid or Anal Surgery

1. We encourage you to eat lightly a few days before AND after your surgery.
2. Prior to your surgery, you need to give yourself a Fleets Enema. This can be purchased at any pharmacy or drug store. Administer it the night before surgery or a couple hours prior to leaving for the surgery center.
3. The following medications should be taken after surgery:
  - a) Metamucil-take 1 tablespoon two times a day
  - b) Stool softener(take ONE of the following):
    - Dialose Plus-take 1 tablet two times a day
    - Or
    - Colace-take 1 tablet four times a day
    - Or
    - Surfak-take 1 tablet three times a day
  - c) Milk of Magnesia-take 3 tablespoons at night until your bowels have moved.
4. Sitz baths-take 3 to 4 daily, as well as after bowel movements. Use warm (not hot) water and do not add anything to the water.
5. You may supplement your pain medication with ibuprofen 1-2 tablets every 3-4 hours.
6. A small amount of bleeding is normal following surgery, as well as with your first couple of bowel movements.

The above instructions should be followed until you are released from your doctor's care. Please call the office if you have further questions or concerns.