

# Postoperative instructions

## Fistulotomy/Fistulectomy Sphincterotomy

**Please follow your surgeon's instructions if they differ from the following statements.**

### Your return home

#### Dressing:

- Keep your dressing on for the next 24 hours, if possible. Then, you may use a sanitary pad in your underwear.
- You will most likely experience a discharge (with possibly a bit of blood) for seven to ten days.



#### Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.
- Avoid spicy foods.

#### Physical activities

- Resume activity according to your capacity.
- No driving for 24 hours after surgery, or longer if you are taking pain medication.

#### Pain control and constipation prevention

- Take Tylenol™ and Advil™ regularly. Use prescribed narcotics in addition to these if necessary.
- Take sitz baths (lukewarm water, no salt) three to four times a day and after each bowel movement, for 10 to 15 minutes.
- Drink prune juice and/or take Metamucil™ if you feel constipated. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

#### Side effects

- You may see blood on the toilet paper and in the toilet bowl after bowel movements for several weeks following the surgery. You may use a moist towel after bowel movements. These should not contain perfumes or alcohol.

### Call your doctor or visit your nearest Emergency Department if you have:

- anal discharge with foul odour;
- Constipation seven days after surgery, despite measures taken to prevent it;
- To change sanitary pad every one or two hours because of large amounts of bloods.
- fever;
- pain inadequately controlled despite medication;
- urinary retention.

**Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.**

**To book your appointment, call your surgeon's office.**

The office information was given your discharge instructions.

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