

# Postoperative instructions

## Fistulotomy Sphincterotomy

### Your return home

#### Dressing:

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

#### Diet:

- 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 your prescribed medications regularly or take Tylenol™ and Advil™.
- Take sits 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 this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.
- You may see blood on the toilet paper after bowel movements for two 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:

- Peri-rectal discharge with foul odour
- Constipation seven days after surgery, despite measures taken to prevent it
- Detect bright red blood
- To change sanitary pad every one or two hours because of large amounts of bloods.

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

#### Next appointment:

Date:

Time:

Physician:

### To reach the Ambulatory Clinic:

1<sup>st</sup> level, D wing, room 106

Telephone: 613-746-4621 ext. 4307

Please call on the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations

713 Montréal Rd. Ottawa ON

T 613.746.4621

[hopitalmontfort.com](http://hopitalmontfort.com)

5100264 (14-01)