

## Patient Information and Instructions following Anal Surgery

Dear patient,

you have undergone surgical treatment of the anal region. The following should give you some information and recommendations for the postoperative time considering wound healing and how you can improve your recovery.

- Depending on the surgery performed, a certain amount of **secretion** from the anal wound region (bloody, transparent or yellow) is to be expected. If it changes suddenly or increases, please arrange for a doctor's appointment.
- **Painful sensation** may occur. If necessary, take the pain medicine prescribed.
- **Clean the wound** in the morning and evening and/or after each bowel movement with a warm tub or sitz bath (lukewarm water). Wound secretion can be absorbed with a gauze pad placed at the wound.
- **Avoid constipation or hard stools.** Drink plenty of water and fluids (at least 1,5 liters). Ensure regular soft bowel movements with a well-balanced diet consisting of high-fiber foods (i.e. fruits, vegetables). Use additional stool softeners (fiber supplements) if necessary. Please contact our doctor's office if you do not have a bowel movement within 48-72 hours after surgery.
- Please make an appointment for a **follow-up** visit at our doctor's office 4 weeks after the operation.
- Please contact us in case of:
  - o **increasing pain**
  - o **excessive bleeding**

**Doctor's office:** Tel. 069-498 00 43

After office hours or on the weekends: **Maingau Klinik:** Tel: 069-40331