



Discharge Instructions for Pain Management *Anal/Rectal Surgery*

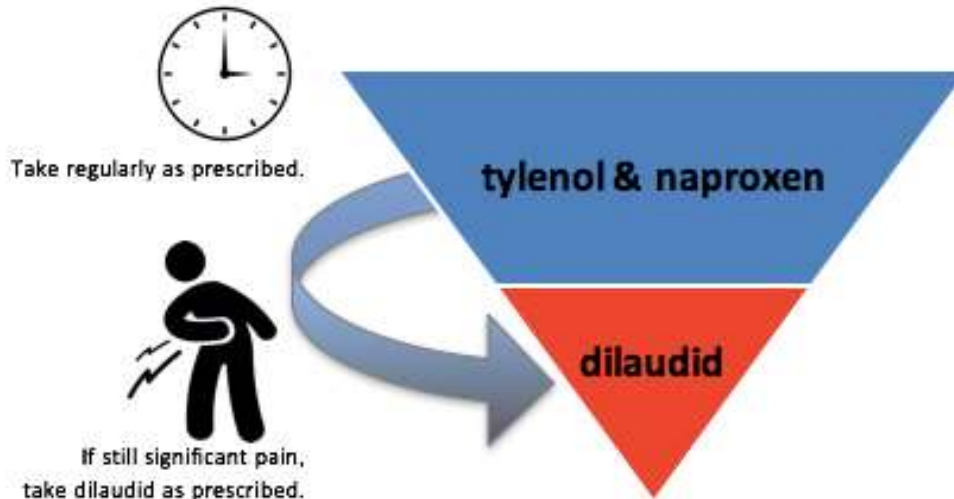
It is normal to have some discomfort after your operation. During your operation, local freezing and pain medication were given to help with this. Your pain will improve day by day.

Activity and Lifestyle:

- A small amount of bloody discharge from the rectal area is normal after surgery.
- You may experience discomfort when passing a bowel movement.
- Sit in a bathtub with warm water 2 or 3 times per day for 20-30 minutes for the first week after surgery. You may use Sitz baths or add Epsom salts, but this is not necessary.
- Avoid straining or lingering on the toilet.
- You may return to work when you are able to do so, unless you were given specific instructions by your surgeon.

To Prevent Constipation:

- **Hydrate** by drinking 6-8 glasses of water every day.
- **Eat fibre** in by increasing your intake of high fibre foods, such bran, whole grains, vegetables, and fruit and/or by supplement, such as Benefibre, Metamucil, or bran cereals.
- **Take a stool softener** such as PEG, which you have been prescribed. You may also take a non-prescription laxative, such as Milk of Magnesia or Colace.



STANDARD PAIN MEDICATION INSTRUCTIONS

Please take the following medications with milk or food and follow all the instructions given to you by your pharmacist.

First 5 days after surgery take BOTH regularly as prescribed:

- **Naproxen (Aleve)**
- **Acetaminophen (extra-strength Tylenol)**

After 5 days you may take BOTH of the following if needed:

- **Acetaminophen (extra-strength Tylenol) 500 mg:** take 1-2 tablets every 6 hours as needed. MAX 4g/day.
- **Naproxen (Aleve) 500mg:** take 1 tablet every 12 hours as needed.

Also take the following as prescribed to prevent constipation:

- **PEG (Golytely, Colyately, PegLyte) 17g**

90% of patients have good pain control with these medications and not require anything stronger.

INSTRUCTIONS FOR ADDITIONAL PAIN MEDICATION

Only if you require a stronger pain medication, you may fill the prescription for **hydromorphone (Dilaudid)**.

Before taking dilaudid, review the handout “Opioids for pain after surgery”.

Dilaudid may also cause constipation so take a stool softener as prescribed or from the pharmacy such as **PEG (ie brand: Golytely, Colyately, PegLyte)**, or **senna (ie brand: Ex-lax or Senokot)** take as needed by following the instructions on the bottle.

Please notify your surgeon if you have a history of stomach ulcers, liver disease, kidney disease or allergies to any of these medications. They will ensure your prescription is written with medications appropriate for you.