

POST OPERATIVE INSTRUCTIONS

PERIANAL SURGERY



PAIN	Take regular Panadol every 4-6hours for 2 days. You will be prescribed stronger pain relief to be taken when required. Avoid anti-inflammatory medication for 2 days after surgery. Schedule your pain relief prior to dressing changes.
WOUNDS	Regular dressing changes may be required and community Nursing will be arranged.
SUTURES	All sutures are dissolvable.
DIET	You may eat a regular diet after surgery. Try to eat plenty of fresh fruit and vegetables to avoid constipation.
BOWELS	You will be required to use a stool softer to avoid constipation and discomfort. Movicol is a gentle softener to use (available at chemist no script required). Reduce Movicol if motions are too loose.
ACTIVITY	You may return to normal activity when comfortable. Avoid strenuous activity until wounds completely healed.
DRIVING	1 week after surgery you can return to driving except if you are still taking strong pain relief.

Any concerns please call our rooms on **8164 6760**