

**Surgery Center of Pinehurst
Home Instructions after Anal Fissure Surgery**

Activity:

Resume normal activity starting now, but continue to avoid strenuous activity or heavy lifting (nothing more than 5-10 pounds) for the next 2-3 weeks.

Consume a high fiber diet and maintain excellent hydration.

Do not sit for prolonged periods or strain for the next 3-4 weeks.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate. Please do not drive a car or operate machinery as long as you are taking narcotics or while distracted by pain or fatigue.

Use stool softeners (docusate) two to three times daily (and/or Miralax 1-2 doses daily) to avoid constipation/ensure soft, easy bowel movements.

If you have not had a bowel movement in 2 days, then use 1-2 doses of Milk of Magnesia to ensure you have a bowel movement.

Upon discharge, a medication reconciliation sheet of all your current medications will be given to you and reviewed with you by the Surgery Center of Pinehurst.

Care of Dressing:

You may remove your outer bandage in 24 hours and at that time you may shower. Some minor bleeding is to be expected. Cotton balls can be used to keep the area dry and clean. Perform sitz baths (soaking in warm/hot water for 10-15 minutes) at least 3-4 times daily.

Contact the office, call 911, or go to the nearest ER if you have increased pain (minor pain is to be expected), major bleeding, increased swelling, chills/fever, uncontrolled nausea/vomiting, inability to urinate, or wound problems.

Please call my office at 910-215-2507 if you have any questions or problems.

Dr. Reid Vegeler