

POST - OPERATIVE INSTRUCTIONS

Pain Management

- During the procedure local anaesthetic is injected into the operative site which should numb the area for 6-12 hours after your procedure.
- Upon discharge you may begin to feel some discomfort for which you may take:
 - Panadol/Panadeine/Panadeine Forte, 2 tablets every 6 hours regularly for the first 48-72 hours.
 - Anti-inflammatory e.g. Nurofen can be used in addition if required.
 - Endone may be prescribed for more extensive procedures. Take this for break through pain.
- If your pain is not controlled with the above measure contact WPRS for advice.

Wound Care

- Avoid constipation. Strong pain medication can cause this, so we try to taper the strong medication as soon as possible, but this will differ from person to person.
- Use over the counter Movicol/similar to keep a soft regular stool. Again, the required amount will differ from person to person.
- The dressing pad/pack insitu can be removed whenever you want to pass urine/stools. The pack/dressing pad's purpose is to protect your clothing/underwear/sheet from blood spotting and not your wound.
- We place an ABSORBABLE sponge in the anus to slow the bleeding. This will either come out as a blood stained "gel" plug or it will dissolve.
- Bruising and minimal swelling can be expected sometimes around the wound but this should remain stable and improve in subsequent days.
- You will see some spot bleeding in the next few days especially with passing stools. This is normal - moderate bleeding may occur from time to time and will normally stop itself. However excessive, persistent bleeding needs to be checked. Present yourself to the Emergency Department if after hours, or contact the below numbers.
- Do Sitz baths (use an antiseptic like betadine solution/Dettol/Savlon/salt) in water, 3-4 times a day, especially after passing stools, for the first 3-5 days. Thereafter you can do it twice a day, especially after passing stools. Gently wash the wound/area with a soft cloth. The wound may take 3-4 weeks to heal.

Activity

- Gentle home activity is recommended for the first 2 weeks.
- Avoid heavy lifting, strenuous exercise or activity for 2 weeks.
- Driving a car – depends on YOUR comfort/discretion. Must not be within 24hours of your procedure.
- Exercise your ankles & calves whilst in your recovery to minimise your risk for DVT ie. Pedalling them back and forth, gentle walks.

Follow-up

- Day 7-10 post procedure you will have a post-operative appointment at WPRS.
- WPRS staff will have attached an appointment card to this handout advising you of this. If you haven't received a card or appointment, please contact the WPRS rooms on (03) 5562 5330.

If you have any concerns please contact WPRS on (03) 5562 5330.

- Within clinic hours your call will be transferred to clinical nurse and managed appropriately.
- After hours you may leave a message or your call will be diverted to the on-call Surgeon.

In the unlikely event you are unable to contact staff at WPRS please call St John of God Hospital, Warrnambool on (03) 5564 0600.