

2014

After Rectal Surgery Hants Community Hospital

After Rectal Surgery

Hants Community Hospital

Controlling discomfort and/or pain

- You may have some discomfort and/or pain. Take the pain pills as told by your doctor.

Meals

- Eat your usual meals when you feel well enough.
- Fluids and foods high in fibre will help you to have regular bowel movements. Foods high in fibre are breads and muffins made with whole wheat flour, All Bran®, raw fruits, and vegetables.

Activity

- You may go back to your usual activities the day after your surgery.

Care of the incision (cut)

- To relieve discomfort and/or pain and/or swelling, your doctor may recommend you sit in a tub of warm salted water 3-4 times a day and after each bowel movement for 15-20 minutes. You should add a handful of Epsom salt or table salt to the bath.
- You may have a gauze packing in place which will fall out. Your stitches will dissolve (go away) on their own.

Important

- Call your doctor's office to make a followup appointment.
- Try to prevent constipation. Take 2 tablespoons of mineral oil in the morning and in the evening. This helps keep your bowel movements soft.
- A small amount of bleeding is normal after your surgery, especially when your bowels move. Call your doctor if the bleeding gets worse. You may want to wear a sanitary pad to protect your clothing.
- Do not ignore the urge to move your bowels, but do not strain. Taking a pain pill when you feel you are going to have a bowel movement may be helpful.

Call your doctor if you have:

- Fever
- Chills
- Haven't had a bowel movement in a day or two
- Can't urinate (pee) after surgery

If your surgeon or family doctor is not available, go to the nearest Emergency Department.

If you have any questions, please ask.

We are here to help you.

