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Anorectal Surgery Instructions

Day Before Surgery

Usual diet all day

Milk of Magnesia – 3 tablespoons by mouth at 1 PM in the afternoon.

Nothing by mouth after midnight

Day of Surgery

Nothing by mouth

Fleet Saline Enema – use as directed on box one hour before leaving home.

After Surgery

Milk of Magnesia (MOM) – 3 tablespoons by mouth twice daily starting the evening of surgery. Continue with *MOM* – 3 tablespoons by mouth twice daily for 3 days. Then, decrease *MOM* to once a day in the morning and start *Citrucel* (one tablespoon in 8 ounces of water) in the evening. Continue with *MOM* and *Citrucel* for another 4 days. Next stop the *MOM* and stay on *Citrucel* once daily until your first post operative office visit.

You can remove the dressing in your anal region the next morning after surgery. You will have some drainage & bleeding from the anal region after surgery- this is **NORMAL** & to be expected. Place gauze in the anal region daily & change as often as needed.

Warm sitz baths or tub baths for 5-10 minutes 3 to 4 times daily.(NO Epsom salt or soap)

No heavy lifting or strenuous activities for 2 weeks.

You may initially have to strain with bowel movements; this is okay.

Please call if you notice: excessive bleeding, fever, difficulty with urination, problems with bowel movements or other questions.

Schedule office appointment for _____ week(s) after surgery.

***Please remember to avoid **aspirin, ibuprofen, fish oil, or NSAID type medications (Naprosyn, Alleve, etc)** for one week prior to surgery. If you have any questions regarding medications, please ask our office.