

Aftercare Guide For Anal Surgery

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This guide provides essential information on how to take care of yourself after anal surgery. It is designed to supplement the advice given to you by your consultant and nurses when you leave the clinic.

This information is relevant if you have undergone surgery for:

- **Anal skin tags**
- **Anal or perianal abscess**
- **Anal fistula (fistula-in-ano)**
- **Haemorrhoid removal (haemorrhoidectomy)**
- **Anal skin biopsies**
- **Excision of anal lesions**

Following these post-operative care guidelines can help promote healing and reduce discomfort.

Diet And Bowel Care

What should I eat after surgery?

It is important to eat and drink normally once you are home. Maintaining a balanced diet with plenty of fluids and fibre will help keep your bowel movements soft and prevent constipation.

- Do not skip meals to avoid using the toilet
- Drink plenty of water throughout the day
- Your consultant may recommend a stool softener to prevent straining. Continue using this until you feel comfortable

Hygiene And Wound Care

How should I clean the area?

It is essential to keep the area clean to prevent infection and promote healing.

- Shower or use a bidet after opening your bowels
- Dab dry with a clean towel instead of rubbing
- Some patients find using a warm hairdryer on a low setting helps dry the area gently
- Avoid perfumed soaps as these may irritate the skin
- A sitz bath (warm water with a tablespoon of salt) can be soothing, especially before dressing changes

Do I need to use dressings?

- If your wound is deep, a nurse may be arranged to change the dressings
- If the wound is shallow, no packing is needed
- It can be difficult to keep dressings in place near the anus. A clean gauze pad tucked between the buttocks and secured with a panty liner or pad can help absorb moisture or discharge

Frequently Asked Questions

Is it normal to have bleeding?

Yes, mild bleeding is normal after anal surgery. Wounds in this area are left open to heal naturally, so you may notice small amounts of blood when wiping, drying, or changing dressings.

However, if the bleeding is heavy or persistent, contact your doctor immediately.

Is it normal to have discharge?

Yes, a small amount of discharge is common while the wound heals. Wearing a small pad can help protect your clothing.

If the discharge increases and is accompanied by pain or swelling, contact your doctor.

How soon can I return to work?

Most patients feel discomfort for a few days after surgery.

- Your consultant will advise how much time off you need
- If your job involves heavy lifting, bending, or prolonged sitting, you may need additional recovery time
- Light activities may be resumed as soon as you feel comfortable

How soon can I exercise?

- Avoid strenuous activities for two weeks
- Gradually **increase** activity levels based on how you feel
- If **pain** or discomfort occurs, stop and rest

Your consultant will provide specific guidance if needed.

When can I start driving again?

- Many patients can drive within 48 hours to two weeks, depending on their comfort level and the extent of surgery
- Check with your consultant before resuming driving

When can I go swimming?

We do not recommend swimming in a public pool until your wound has fully healed to reduce infection risk.

When to seek medical advice

Contact your doctor if you experience:

- **Increasing pain or swelling** that does not improve with pain relief
- **Heavy bleeding** that does not stop
- **A fever or flu-like symptoms**, as this could indicate an infection

Why Choose The Midlands Bowel Clinic?

At the Midlands Bowel Clinic, we provide expert care before, during, and after your procedure. Our specialist team ensures you receive the highest standard of personalised treatment and post-operative support for a smooth recovery.

Contact Us

If you have any concerns or need further advice about your recovery, get in touch with our team today. We are here to help you every step of the way.