

**Raymond Staniunas, M.D., FACS**

**Board Certified Colon & Rectal Surgery**

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**ANAL ABSCESS SURGERY**

**IMPORTANT INFORMATION FOR AFTER YOUR SURGERY**

**WHAT SHOULD I EXPECT IN THE DAYS TO COME?**

- You will most likely experience some pain following this procedure, which is perfectly normal.
- Please do not be alarmed, there will also continue to be bleeding from the site of the surgery, which will continue until the area heals.
- You will receive a prescription for pain medication following the procedure.
- You may also take Tylenol for pain, but **DO NOT** take Aspirin or ibuprofen, or other blood thinners.
- You should soak in a tub of warm water, about waist high for 10 to 30 minutes at a time in order to soothe the perianal area, 4-6 times per day.

**WHAT IMPORTANT INSTRUCTIONS DO I NEED TO FOLLOW AFTER THE PROCEDURE?**

- Avoid Epsom salts or soap products when soaking in the tub or even when cleaning the anal area. Please **ONLY** use regular water alone.
- Begin consuming a high fiber diet. Take a fiber supplement such as Metamucil or Citrucel with an 8 ounce glass of water each day. It is important to drink 8 to 10 glasses of water a day. All of these steps are to help keep your bowel movement soft.
- Constipation can be managed by taking a tablespoon of mineral oil each day for 3 days. Use Milk of Magnesia if the mineral oil does not help after 3 days.
- **DO NOT** take products containing aspirin or ibuprofen for 2 weeks following the procedure. If taking Coumadin, Trental, Plavix, or other blood thinning medications, please **DO NOT** take these for 2 weeks following the procedure. Taking these earlier can cause bleeding problems.

**CALL IMMEDIATELY WITH:**

- Fever > 102
- INCREASING pain
- Inability to urinate
- PROFUSE bleeding

**Please call the office to make a follow-up appointment 2 weeks after your procedure.**

Metroplex Colon & Rectal Specialist  
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