

Metroplex Colon & Rectal Specialist  
Raymond Staniunas, M.D., FACS  
Board Certified Colon & Rectal Surgery

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ANAL FISTULA 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.
- You should soak in a tub of warm water, about waist high for 10 to 15 minutes at a time in order to soothe the perianal area.

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 aspirin or ibuprofen containing products 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 at 1-855-273-2825 to make a follow-up appointment 2 weeks after your procedure.