

Metroplex Colon & Rectal Specialist

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Board Certified Colon & Rectal Surgery

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RECTOCELE REPAIR

WHAT SHOULD I EXPECT IN THE DAYS TO COME?

- This procedure may cause some discomfort & pain in the days following. Pain may be increased by bowel movements. You will also notice some mild bleeding from surgery. If you begin bleeding profusely, immediately call the office.
- Your physician will give you a prescription for pain medications following the procedure. You may also take Tylenol for pain but **DO NOT** take aspirin, Ibuprofen, or any type of blood thinners.

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

- Avoid straining when having bowel movements for 6 weeks following the procedure.
- Avoid sexual intercourse for 6 weeks following the procedure.
- You should take a 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. A pack is placed in the anal canal, which should be removed with the first bath.
- Avoid Epsom salts or soap products when soaking in the tub or even when cleaning the anal area. Use regular water **ONLY**.
- 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 blood-thinning medications, **DO NOT** take these for 2 weeks as well. **TAKING THESE EARLIER CAN CAUSE BLEEDING PROBLEMS.**

CALL IMMEDIATELY WITH:

- Fever > 102
- Increasing, severe pain
- Inability to urinate
- Profuse bleeding

PLEASE CALL OUR OFFICE TO SCHEDULE A FOLLOW-UP APPOINTMENT AT 1-855-273-2825.