Minor Anal Surgery

Information for patients

Short Stay Unit
01625 661002

Day Case Unit
01625 661899

Macclesfield District General Hospital
www.eastcheshire.nhs.uk
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**Introduction**

This leaflet has been designed to give you some general advice and information about caring for yourself following minor anal surgery. It is intended as a general guide and should never take the place of any individual advice your surgeon has given you. Please read this leaflet carefully and show it to the person who is looking after you.

**Wound Care**

After your operation you will have a small gauze dressing pad taped to your buttocks. Leave this in place until one of the nurses removes it, or it comes off on its own. Please remove the dressing to shower or bathe, or when you open your bowels.

You may have a dressing in your anal canal; this will come out when you pass your first bowel movement. The nurses on the ward will tell you if you have this type of dressing.

You may bathe or shower 24 hours following your surgery. It is important to take frequent baths or showers to keep the area clean; you may find that taking a bath helps to relieve any pain, but do not use any scented soaps, shower or bath gels as this may cause irritation.

**How soon will I have my bowels opened following surgery?**

You should expect to have your bowels opened within one to three days after surgery. You may have a small amount of bleeding following the passing of a motion.

It is important to eat high fibre foods as well as drinking 8-10 glasses of water a day to help prevent constipation and straining when opening your bowels.

Laxatives will be prescribed according to your surgeon’s preference. It is advised that you take this medication until your bowel motion returns to normal. If constipation becomes a problem, you should seek advice from your GP.
Pain

Your surgeon may have given you a local anaesthetic for pain relief during the operation; this should help to keep you comfortable immediately following the procedure and for a few hours when you get home. If you are in pain, please tell the nurses on the ward before you go home.

It is important that you start taking your pain killers as soon as you are able to, and preferably before the local anaesthetic begins to wear off. You will be advised when you can start taking pain relief at home. You may need to continue taking your pain killers for a short period after discharge from hospital, but can be reduced once the discomfort settles.

Pain relief medication purchased over the counter is usually sufficient in helping control your pain, but avoid those which contain codeine as this may cause constipation. If you need stronger medication, these will be prescribed and given to you to take home. Always follow the manufacturer's instructions and take painkillers regularly as directed; it is better to take pain relief when the pain is mild rather than waiting for pain to build up.

Resuming Normal Activities

Most people will need to take a few days off work dependant on the type of work or surgery; do as much as you feel comfortable doing.

A small amount of bleeding after a bowel motion may continue intermittently for a few weeks following your surgery.

Follow Up Appointments

If your consultant would like to see you again in clinic we will advise you and the appointment will be sent to you in the post.

Possible Complications

If you develop any of the following, please make an urgent appointment with your GP, go to the nearest A&E department, or contact the day case unit or NHS Direct for advice.
• Increasing pain, redness, swelling or discharge
• If you develop a high temperature/ fever
• Severe bleeding
• Constipation lasting more than 3 days despite using a laxative
• Nausea or vomiting
• Difficulty passing urine

Contact Details

If you have any queries, please contact the following:

Day Case Unit 01625 661899
Short Stay Unit 01625 661002
Ward 1 (evenings, weekends and bank holidays) 01625 661001
Comments, compliments or complaints

We welcome any suggestions you have about the quality of our care and our services.

Contact us:
Freephone: 0800 1613997
Phone: 01625 661449
Textphone: 01625 663723
Customer Care, Reception,
Macclesfield District General Hospital, Victoria Road,
SK10 3BL

For large print, audio, Braille version or translation, contact Communications and Engagement on 0800 195 4194.

Admission information
The trust accepts no responsibility for the loss of, or damage to, personal property of any kind, in whatever way the loss or damage may occur, unless deposited for safe custody.

Please leave valuables at home. If you need to bring personal items that are expensive, for example micro hearing aids, please be aware that you do so at your own risk.

East Cheshire NHS Trust does not tolerate any form of discrimination, harassment, bullying or abuse and is committed to ensuring that patients, staff and the public are treated fairly, with dignity and respect.