

## **ADRIAN POLGLASE**

### **Professor of Surgery**

MB BS (Hons), MS, FRACS, FRCS (Eng), FRCS Ed, FACS

CABRINI MONASH UNIVERSITY DEPARTMENT OF SURGERY

COLORECTAL SURGERY  
LAPAROSCOPIC SURGERY  
COLONOSCOPY

A. L. POLGLASE PTY. LTD. A.C.N. 062 956 843

## **Colorectal - Malvern**

SUITE 20, CABRINI MEDICAL CENTRE  
ISABELLA STREET, MALVERN 3144  
TELEPHONE 9509 8233 FACSIMILE: 9509 0812  
PROVIDER NO 216484K  
AFTER HOURS: HOME 9824 7525  
CALL SERVICE: 9387 1000

EMAIL: [alp@colorectalmalvern.com.au](mailto:alp@colorectalmalvern.com.au)  
WEBSITE: [www.colorectalmalvern.com.au](http://www.colorectalmalvern.com.au)  
[www.colonoscopymalvern.com.au](http://www.colonoscopymalvern.com.au)  
[www.laparoscopymalvern.com.au](http://www.laparoscopymalvern.com.au)

### **INSTRUCTIONS FOLLOWING ANAL SURGERY**

1. Use oral analgesic as prescribed. The nature of the analgesia will vary according to the operative procedure, but Panadeine is usually quite effective (2 tablets 3-4 hourly as required). This may have the tendency to cause constipation, but Agarol as prescribed below should ensure that no problem occurs.
2. Use Agarol 25ml daily or twice daily for the next 72 hours to ensure the bowels open.
3. When the bowels have opened, then it is wise to substitute Metamucil (2 teaspoons morning and/or evening) for the Agarol. Continue Metamucil for 1-2 weeks.
4. Warm baths or showers taken after each bowel action or when in pain will reduce post operative discomfort and spasm of the anal area.
5. Try to avoid using toilet paper in the 2 weeks or so following anal surgery. If it is not possible to wash, then use adult flushable wipes (Kleenex or Sorbent), which can be obtained through supermarkets.
6. Bleeding post operatively is common and this may occur for the first few days, and sometimes may recur at 1 week to 10 days post operative. Usually this will settle down within a few hours, but if it continues, and particularly if there are large clots being evacuated, then contact Professor Polglase.

It may be necessary to wear an absorbent pad, gauze or panty liner for a week or longer post operatively, as there is often some discharge from healing anal wound(s).

7. There are no sutures (stitches) to be removed from the anal area as all suture material will spontaneously dissolve.
8. A normal diet is recommended including plenty of fruit and vegetables. Try to drink 4-6 glasses of water each day.

Information/Anal Surg