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Surgery Instructions

1. Do not take any Aspirin or Ibuprofen at least seven (7) days before surgery.
2. Do not eat or drink anything after midnight the night before your surgery. Your surgery may be cancelled if you do.
3. If you are diabetic and take Metformin, stop taking it 48 hours before Surgery.
4. Do not bring any valuables with you to the hospital.

Activity:

Plan ahead for the worst case scenario: you may need help for a few days. Avoid any activity that causes pain. Walking and using stairs are both OK. Avoid driving until you are off pain medication and able to safely operate your vehicle.

Sex:

No intercourse for 4-6 weeks or until cleared by your surgeon.

Surgery Aftercare:

Shower as usual. Keep the area clean by using "Sitz baths" (sitting in a few inches of plain mildly soapy warm water), perineal irrigation bottles (available at many drug stores), a bidet or hand shower.

This can be done 1-2 times per day. Afterwards pat dry or use blow dryer. Keep the area dry and open to the air as much as possible.

A hemorrhoid or "donut" pillow can also be purchased. An ice pack may be applied as needed during the first 24 hours after surgery.

Avoid constipation. Use witch hazel pads to clean up after bowel movements or do sitz baths as instructed above.

Avoid clothing that is tight or binds. Inexpensive cotton underwear is preferred and can be discarded if soiled.

Call for persistent foul smelling discharge or drainage (vaginal flow).

Call for fever (greater than 100.4 degrees), heavy bleeding, or pain that is unable to be controlled with your pain medication.

New skin should begin to grow over the area within the first week or two. This may have a beefy red appearance and bleed easily: this is normal.

***If you have any questions please feel free to call our office.
Press option #4 to reach our triage nurse. Press option #3 to
reach one of our surgical coordinators. (505) 559-4495***