



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C

Home Care Instructions for Rectovaginal and Endorectal Advancement Flap

Diet

- Drink 64 oz of liquids daily.
- Drinking warm liquids will help to stimulate bowel movements and alleviate abdominal pain.
- After surgery, the Doctor will discuss the time frame of the full liquid diet and soft diet. (see diet sheet)
- Chew your food well and eat small portions.
- After the 2 weeks on the soft diet, you may resume you regular healthy diet, unless instructed otherwise.

Bowel Movements

- **You may be incontinent for stool initially for 3-6 weeks during the healing of the flap.**
- Expect to wear adult disposable underwear for protection and change regularly.
- You may apply protective barrier of Vaseline, A&D ointment, or Desitin to anal skin but not on the wound.
- After bowel movements, spray off with shower sprayer or spray bottle. **Do not wipe or blot anal area.**
- Do not use any type of steroid or antibiotic ointment/cream to anal area. (Ex: Hydrocortisone, Triple Antibiotic)
- Do not insert anything into the anus. (Ex: Thermometers, suppositories, enemas)
- Do not strain or sit on the toilet for more than 5-10 minutes.
- Monitor bowel movements, it is very important not to become constipated. If you do not have a bowel movement 1-2 days after surgery, take Milk of Magnesia (2 tablespoons) followed by 16 oz of fluids. Continue to drink liquids until results.
- May repeat Milk of Magnesia if no bowel movement 4-6 hours after first dose.
- **Do not take Milk of Magnesia if you have a history of kidney disease/failure.**
- If you do not have a bowel movement 2 days after taking Milk of Magnesia contact the office.
- If you had a colonoscopy with your surgery, you may not have a bowel movement for up to 3 days. Wait until the 3rd day before following the Milk of Magnesia instructions.
- Please contact the office if you do not have a bowel movement after 2 days.

Urination

- If you have trouble urinating after surgery, try urinating while you are in the tub or shower.
- Do not push or strain.
- Do not sit longer than 5 minutes on the toilet.
- If you are unable to urinate, please call the office.

Activity/ Work

- Following surgery, rest and avoid strenuous activity/heavy lifting.
- Depending on what type of work you do and your general health, you may return to work 1 to 3 weeks after surgery. **(over)**

- Please discuss any work concerns with doctor or staff.
- No lifting greater than 10-20 pounds for the first week after surgery.
- You may resume sexual activity when cleared by your surgeon. Do not insert anything into the anus.

Wound Care

- Tub soak in warm water for 15-20 minutes twice a day for the first week after surgery. This will allow the muscles to relax, relieve discomfort, and reduce swelling. Avoid sitz bath toilet inserts.
- Elevate your bottom 4 times daily for 20-30 minutes. Lie on your side or back on a bed or couch. If able, you may place a pillow under your hips for more elevation. This will reduce swelling and promote comfort. Do this for 3 days.
- Keep gauze pad next to the wound to collect drainage. Change gauze as needed.
- You may use Vaseline to the skin surrounding the wound but not on the wound or in anus.
- **Do not sit on a donut shaped cushion.** Sitting on a pillow is ok.
- Do not place ice on wound site.

Medications

- Over the counter pain relievers such as Tylenol or Advil will usually control pain and discomfort. Do not use pain relievers if your primary care provider or another physician has directed you not to use these substances.
- If using narcotics such as Vicodin or have a history of hard stools, it is important to take a stool softener. (Ex. Colace or generic name of ducosate sodium. Take one tablet twice daily.)

Follow Up

- Generally you will have a drain removed at the office 7 days after surgery. Please call the office to schedule an appointment.
- Follow up after drain removal will depend on doctor's directions.

Reasons to call your doctor

- Please call if you are experiencing increasing drainage, pain, or redness of the wound.
- Any concerns regarding bowel movements or urination.
- Fever greater than 101 degrees Fahrenheit.
- Physicians are available 24 hours a day, seven days a week for any concerns.

Please call our office with any questions: (920) 494-9685