



Wisconsin Colon & Rectal Clinic

A DIVISION OF NEW SURGICAL ASSOCIATES, S.C.

Home Instruction Sheet for Sphincteroplasty/Levatorplasty

Diet

- Drink 64 oz of healthy liquids daily.
- After surgery, the Doctor will discuss the time frame of the full liquid diet and soft diet. (See diet sheet)
- Warm liquids help stimulate bowel movements and alleviate abdominal pain.

Bowel Movements

- **You may be incontinent of stool initially for the first 3-6 weeks after surgery.**
- Expect to wear adult disposable underwear.
- After bowel movements spray off. **Do not wipe or blot anal area.**
- You may apply protective barrier of Vaseline, A&D ointment, or Desitin to anal skin but not the wound.
- Do not use any type of steroid or antibiotic ointment/ cream to anal area.
- Do not insert anything into the anus.
- **Do not strain** to have a bowel movement or sit on the toilet for longer than 5 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.

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.

Working/Activity

- Depending on the type of work that you do and your general health, you may return to work 6 weeks after surgery. Any concerns, discuss them with your doctor or nursing staff.
- No driving the first 2-3 weeks after surgery and are no longer taking narcotic pain medications.
- No lifting greater than 10 pounds for the first 6 weeks after surgery.
- Remain active after surgery. Do not cross your legs or sit for long periods of time.
- Ok to shower normally unless directed otherwise by doctor or staff.
- You may resume sexual activity 6 weeks after surgery, or as directed by your doctor.

(over)

Wound Care

- Soak twice a day for 15 minutes in warm water for the first week after surgery. Do not use sitz bath toilet inserts.
- Elevate your bottom 4 times daily. Lie on your side or stomach on a bed or couch. For extra lift you may place pillows under your hips. Do this for about 20 minutes. This will reduce swelling and promote comfort. Do this for a minimum of 3 days.
- Keep small gauze up next to wound to collect drainage and change dressing daily or more often if needed.
- Do not sit on donut shaped cushions.
- Do not ice area.

Medications

- It is ok to use over the counter Tylenol or Advil for pain control.
- You will be directed to use Miralax and stool softeners once or twice daily for the first 3-6 weeks after surgery.
- If you are using narcotics, take stool softeners daily to avoid constipation.

Follow Up

- Generally you will have a drain removed at the office 7 days after surgery. Follow up after this will depend on the doctor's directions.

Reason to call your doctor

- Any concerns regarding bowel movements or urination.
- Increasing pain, redness, drainage, or swelling of the incision.
- 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