



## DISCHARGE INSTRUCTIONS FOR RECTAL SURGERY

Following rectal surgery there are a few things that will aid in your recovery. They are simple to do and very important.

1. You may return to normal activity as tolerated. You will be able to return to work or school 1-2 days after surgery if you feel like it.
2. Your doctor may have ordered sitz baths for you to do at least 3 times/day. This would mean putting approximately 3 inches of water in the bathtub with the drain closed. After you sit in the water, turn the water back on to warm and let the drain out. This will let the water circulate around the rectal area and keep it clean. You may need to wear a pad as not to soil your clothes. Take your pain meds prior to sitz baths and dressing changes.
3. Take your pain pills as prescribed, but remember, narcotics can make you sleepy, nauseated, or constipated so take them with plenty of food and water. No alcoholic beverages while taking your pain medication. You may want to consider a mild stool softener such as metamucil to help ease bowel movements.
4. Do not drive or return to work if you are taking pain medication. These can alter your thought processes.
5. You may have some mild drainage from incision, this is normal but if the drainage saturates the dressing you need to call your physician immediately.
6. May resume home medications as directed by your physician. Diet as tolerated. No spicy or greasy foods recommended the day of surgery.
7. You have a follow up appointment scheduled with Dr. \_\_\_\_\_ On \_\_\_\_\_
8. **CALL YOUR PHYSICIAN'S OFFICE AT 232-0444 IF YOU HAVE ANY OF THE FOLLOWING:**
  1. Pain not controlled with pain medication
  2. Fever of 101 for 2 consecutive days
  3. Nausea that does not subside after 24 hours after surgery
  4. Redness or drainage from incision sites
  5. Any questions or concerns.

WE STRONGLY SUGGEST A RESPONSIBLE ADULT REMAIN WITH YOU AT HOME TODAY AND TONIGHT FOR YOUR PROTECTION AND SAFETY. IF YOU HAVE ANY QUESTIONS, OR IF A PROBLEM DEVELOPS, PLEASE CALL YOUR PHYSICIAN IMMEDIATELY. IF YOU ARE UNABLE TO CONTACT YOUR PHYSICIAN AND YOU FEEL THIS IS AN URGENT SITUATION REQUIRING A PHYSICIAN'S ATTENTION, GO TO THE EMERGENCY ROOM CLOSEST TO YOU.

### DESIGNATED CAREGIVER CONSENT

I WILL BE THE DESIGNATED DRIVER OF THIS PATIENT AFTER DISCHARGE FROM TALLGRASS SURGERY CENTER. I AM FULLY AWARE THIS PATIENT NEEDS CAREGIVING ATTENTION FOR THE FIRST 24 HOURS.

X \_\_\_\_\_  
PATIENT/PATIENT FAMILY MEMBER

X \_\_\_\_\_  
REGISTERED NURSE