

# Instructions for patients following Anal Surgery

## Bleeding

You may experience a little blood loss immediately following your operation. This is normal. If you start to bleed when you are at home you should contact your GP for advice or you may telephone the ward.

## Bathing

You can have a bath the day after your operation, you may find that bathing will ease some of the discomfort.

## Bowels

Where possible please try to avoid constipation. The best way to do this is to adopt a high fibre breakfast cereal as a routine, but for the first few days you will be given some medication to help. You should avoid sitting for more than two - three minutes on the toilet, and also avoid straining.

## Eating and Drinking

If you feel well enough you may eat and drink as normal when you return home. You are advised to eat a high fibre diet.

## Pain Relief

You will be given some tablets to relieve pain after you get home. There may be more than one kind please take these as instructed.

You may experience some discomfort, often no more than a dull ache or soreness. If you feel more pain than this and it is difficult to tolerate contact your GP.

## Working, driving and other activities

You are advised to have a few days off work. The delay in returning to work may depend on the kind of work you do and the degree of discomfort you experience afterwards. The Nurse will discuss this with you before you are discharged.



## Contact Numbers:

### **Bassetlaw Day Surgery Unit, Bassetlaw Hospital**

Monday to Friday 8.00am to 6.00pm Tel 01909 502560  
(out of hours, (for the first night only) Tel 01909 500990 ext 2254.

### **Rockingham Day Surgery Unit, Montagu Hospital**

Monday to Friday 8.00am to 6.00pm Tel: 01709 321107.

**Ward 21 Doncaster Royal Infirmary**, Tel: 01302 642021.

(Out of hours, for the first night only).

**Ward 20**, Tel: 01302 644369.

**DSU (Day Surgery Unit)**, Tel: 01302 642332.

If you have any concerns or experience any problems please contact your GP or for anything urgent attend the nearest Accident and Emergency Department.

## **Patient Experience Team**

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

### **The contact details are:**

Telephone: 01302 553140 or 0800 028 8059

Email: [pals.dbh@dbh.nhs.uk](mailto:pals.dbh@dbh.nhs.uk).

