

# Advice for patients after anal procedures

## Day Surgery Unit Patient Information Leaflet

### Introduction

This leaflet is for patients who have had anal procedures. It gives advice on what you should do when you get home, and contact information for if you have any problems relating to your procedure.

### Advice

1. It is a good idea to avoid having a bath or shower for the first 24 hours after your procedure.
2. It is normal to experience tenderness, discomfort or pain for up to one week, after the procedure. After 24 hours, if you are very tender, sitting in a warm bath may ease discomfort.
3. It is important to pass a normal, formed motion (stool) when you have your bowels open, and to avoid constipation and diarrhoea, because these can cause you problems. For this reason, we advise you to eat a healthy, high fibre diet, with plenty of fruit and vegetables, and to drink extra fluids.

4. You may notice blood on your pants or on tissue after you have opened your bowels, for approximately one week. This is normal. The blood is usually bright red in appearance in the first few days but becomes darker red as the week progresses. It is also common to pass blood when you first have your bowels open.
5. Sometimes after the procedure, the surgeon inserts a dressing into your back passage. This is to control any bleeding. This will give you some discomfort and a feeling of fullness in your back passage. It will be passed when you open your bowels. If you prefer, after 24 hours you can gently remove it while straining on the toilet.

It is normal to experience some anal pain or discomfort after the procedure, for a few days. It is normal to experience some bleeding following bowel action, for up to one week. Some patients complain of feeling as if they need to keep going to the toilet. These are normal sensations and are usually only mild.

**Remember:** Everyone recovers differently after surgery so do not worry if you feel tired and weak for several days, as this is quite normal. However, if this lasts for a long time, please see your GP.

If you need a sick note, please ask the nurse who books you in for the procedure.

## Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

**Russells Hall Hospital Day Surgery Unit** on  
01384 456111 ext. 1886 (7.30am to 8pm, Monday to Friday)

or

**Pre-operative Assessment Unit** on  
01384 456111 ext. 1849 (7am to 7.30pm, Monday to Friday)

**Out of these hours, urgent queries:** contact Surgical Assessment Unit on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru vă rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔