



ANAL SURGERY PREADMISSION

What you need to know

Your well-being
and comfort are
our main concerns.

Here are our
recommendations for
a speedy recovery.

Recovery

The doctor will let you know how long your recovery will take, depending on your health condition and job tasks.

Diet

The day of the surgery (afterwards)

Only water, juice, broth, Jell-O, tea, coffee, and Gatorade are allowed.

The next day

Follow a low-residue diet: broth, soup, or cream soup made with the recommended foods; eggs; yogurt; milk; white bread; bagel; white rice; pancakes; Corn Flakes or Rice Krispies; fruits and vegetables without the skin or membranes, such as carrots, potatoes, beets, apples, or peaches; lean, tender, or tenderized meat.

The next few days

Resume your regular diet. Prevent constipation by eating a high-fibre diet (fruits, All-Bran cereal) and staying hydrated to prevent pain during bowel movements.

Post-operative advice

- You may notice blood or a yellowish discharge for a week or two after your surgery.
- Avoid scratching the area around your anus.
- You may find it more comfortable to sit on a pillow.
- Do not sit on the toilet for more than 5 minutes at a time to avoid creating pressure on the wound.

Hôpital Barrie Memorial

28, rue Gale, Ormstown
450-829-2321, ext. 3249

Surgery date:

Arrival time:

Go to the reception desk
in Day Surgery.

If you need to cancel your surgery,
call **450-829-2321, ext. 3249** at least
48 hours in advance. Out of respect
for other users, cancellations
are moved to the bottom of the
waiting list.



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A bath can make it easier
and less painful to
remove the wick.

Your nurse will give you
more information before
you are discharged
from the hospital.

Hygiene

- If your doctor placed a wick in your incision during the surgery, you or the CLSC nurse may need to remove it the following day. Take a sitz bath before removing the wick.
- Unless your doctor or nurse tells you otherwise, 12 hours after your surgery or the following day, start taking warm (37°C) sitz baths for 20 minutes at a time, three times a day for two weeks, until the wound is completely healed. You can take a sitz bath in the bathtub or using a plastic basin sold at the pharmacy. Sitz baths help keep your incision clean and relieve discomfort.
- It is important to keep the perineal region as clean as possible. After each bowel movement, clean the perineal region with warm, moist compresses or soak in a sitz bath for a few minutes. Dry your skin well with a soft cloth. Avoid rubbing with toilet paper.
- Wear a sanitary pad until the discharge stops. Change the pad regularly to avoid moisture and promote healing. Do not use scented pads.

Pain

- Your first few bowel movements may be painful, but you should be back to normal within a week after your surgery. At first, some anal surgeries can also make you feel like you constantly need to have a bowel movement.
- If you are itchy, you can add two teaspoons of baking soda to your bath water.

Daily activities

- Avoid strenuous activity until the wound is healed.
- Avoid sitting or standing for too long.
- Avoid cycling and going for long drives until the wound is healed.
- Avoid lying on your back; alternate between lying on your stomach and on your side, with a pillow between your legs for comfort.
- Walking is excellent exercise: Start slowly, go at your own pace, and make sure to rest afterwards.



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Things to watch for

In addition to possible complications after any surgery, watch carefully for:

- **Heavy bleeding**, meaning bright red blood or blood clots on your dressing or sanitary pad. For example, needing to change your pad every hour or two is considered heavy bleeding.

As needed, call:

- **Info-Santé at 811**
- The Day Surgery nurse or receptionist (Monday to Friday, from 7:30 a.m. to 3:30 p.m.), at **450-829-2321, ext. 3248 or 3249**

Get well soon!

Our mission

To maintain, improve, and restore the health and well-being of the Québec population by making accessible an array of integrated and quality health and social services, while contributing to the social and economic development of Québec.

Our vision

Accessible and efficient health care and services that adapt to the needs of Québécois.

Our goals

The CISSS de la Montérégie-Ouest achieves its goals through its innovative approaches and stands apart through:

- its exemplary offer of care and integrated services based on interdisciplinarity, accessibility, and adaptability to the needs of its population;
- its willingness to question and improve its professional, clinical, and administrative practices;
- its appreciation of its personnel and the implementation of human resource management practices;
- its strong relationships with its partners.

Our values

Our actions are guided by five equal and interconnected values: compassion, collaboration, commitment, confidence and consistency.