

# Instructions for After Your Fistula Surgery

## Constipation

Constipation is very common after surgery! The medicines that you got during and after surgery can make you constipated.

- It might be hard to poop. Your poop might be very hard.
- You might feel bloated or full.

### It's normal to—

- Have your first bowel movement (poop) 1 or 2 days after surgery.
- Have a second bowel movement (poop) 3 or 4 days after surgery.

### What can I do to prevent or ease constipation?

#### Starting on the day of your surgery—

- Take one 100mg Colace pill 3 times a day. This medicine softens your stool (poop).
- If you have a history of constipation, try taking Miralax (17 grams or one capful) 1-2 times per day. This medicine helps you poop.
- Drink lots of water.

#### If you haven't pooped 2 days after your surgery—

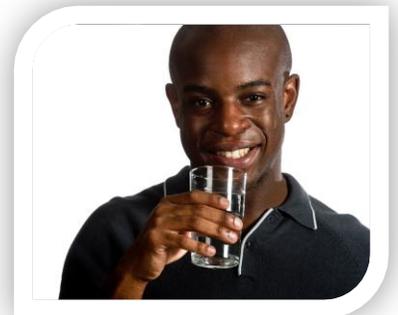
- Take magnesium citrate (half bottle) or milk of magnesia (2 tablespoons). These help soften your poop.
- Take Miralax (17 grams or one capful) 1-2 times per day (if you weren't taking it already)

#### If you're still constipated on the 3<sup>rd</sup> day after surgery, try these things for 24 hours—

- Drink more water.
- Try taking 2 tablespoons of mineral oil when you need it. Don't take it more than 3 times in a day.
- Use a fiber supplement from your pharmacy, like Metamucil®.
- ⚠️ If you still have constipation after trying these things for 24 hours, call the Surgery Clinic at 272-3771.

### Call Your Clinic At 272-3771 If You—

- ⚠️ Haven't pooped 3 days after surgery
- ⚠️ Can't pee without soaking your bottom in a warm water bath (sitz bath)
- ⚠️ Are throwing up often and it's not stopping



Drink lots of water to prevent  
or ease constipation



## Diarrhea

Diarrhea can be another reaction to medicines that soften your poop (stool softeners). If you have diarrhea, don't worry. It will take some time for your body to return to normal.

## How to Manage Pain

It's normal to have pain for 2-4 weeks after your surgery. The pain should slowly get better over time.

### Your Pain Medicines

Always take these medicines **with food** to prevent stomach problems.

#### 1. Toradol 10mg—

- This medicine helps lessen your swelling. It doesn't cause constipation.
- Take 1 pill (10mg) every 6 hours for 5 days.
- After 5 days, you can take Ibuprofen or Tylenol if you still need a pain medicine.

#### 2. Oxycodone 5mg—

- Take this medicine when you need it. Don't take more than 1 pill (5mg) every 4 hours.
- Too much of this medicine can cause constipation or hard poops.
  - When you take this medicine, drink at least 8-10 glasses of clear liquids that aren't bubbly every day.

### Other Ways to Lessen Pain

- ☑ Take sitz baths after each time you poop and whenever you need to.
  - Put some warm water in your bath tub. Don't put soap or Epsom salts in the tub. **Only use plain clear water.**
  - Sit in the warm water.
  - This can help with pain and swelling after your surgery.
- ✗ Don't put anything into your rectum, including medicines.



Sitz baths help with pain and swelling after surgery.



## How to Care for Your Wound

You'll have a wound or cut from your surgery.

- It will be sensitive and might bleed when you poop. This will get better quickly.
- You might also have discharge (fluid) coming out of your wound.
  - You may want to try using gauze or a pad for this discharge.
  - This is normal! It will get better as the wound heals.

## Peeing

Some people might have a hard time peeing after surgery. This happens because the swelling can prevent your pee from coming out.

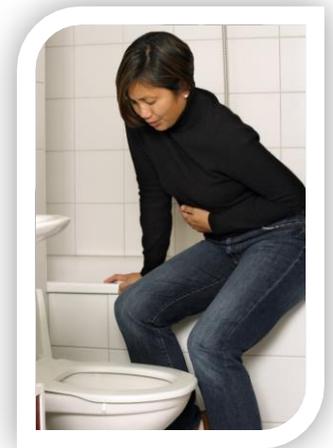
If you're having trouble peeing, try these things—

- ☑ Sitz baths can help make swelling go down. (See the “Pain” section for details.)
- ⚠ If you can't pee without soaking in a sitz bath after 24 hours, call your clinic.
- ⚠ If you still can't pee even with a bath, go to an Urgent Care clinic or an Emergency Department. You may need to get a catheter (small tube) put in for 2-3 days while the swelling goes down.

## Nausea (feeling like you are going to throw up)

Some of the medicines that we used during your surgery and some of the pain medicines that you'll use after surgery can make you feel nauseous. If you have nausea, try these things—

- ☑ Eat soft or liquid foods when you get home. Start with clear liquids like 7-up or clear juice. Then, slowly move to regular foods as you start feeling better.
- ✗ Don't take your pain medicines on an empty stomach. **Always take them after you eat something.**
- ⚠ If you're throwing up often and you can't stop, call your clinic.



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### Questions? Call Us!

Surgery Clinic: 505-272-3771

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