1. **Start with light liquids** to make sure your stomach is settled following the anaesthetic. If you feel well, you may advance your diet to a regular diet.

2. **Avoid a lot of roughage**, as it can lead to bulky stools that will be difficult to pass.

3. **Avoid spicy foods or dairy products** as they can cause **more acidity in the stools** and irritate the surgical area, and can also be **very constipating**.

4. Any time you experience nausea or vomiting, suck on some ice chips and **take light liquids** until the nausea and vomiting resolve.

3. **Limit your activities for two to three days following surgery**.

4. The more active you are, the more pain and swelling you will have and the more uncomfortable you will be. As the days progress and you become more comfortable, you can start walking, sitting and doing other activities as tolerable.

5. **When you remove the bandage, it is advisable to sit in a Sitz bath.**

   A Sitz bath can be made by filling your bathtub, or a large tub with a few inches of warm, comfortable water.

   - You should sit in the Sitz bath for **10-15 minutes** at least four to six times per day. Then, use a **good sanitary napkin** over the area to collect any drainage.
   - There will be some bloody, mucus drainage for several days. **Do not place any ointment** over the wound, but use a sanitary napkin instead.
   - The **pad should not be taped to your skin**; it can be held in place by your underclothing.
   - If the pad sticks to your wound, simply soak it off in the next Sitz bath.

**Note:** You will find that your wound is open and not stitched together. This is to allow the incision to heal from the inside out.

6. **Take your medications for pain and nausea, as prescribed, regularly** for the first few days to avoid discomfort. Kindly consult your doctor when you need to take the nausea medication following surgery if you have any nausea from the anaesthetic or from the pain medication.
7. Take your stool softener two to three times per day as advised by the doctor. This will keep your stools soft and lubricated.

- If you do not have a bowel movement, kindly contact your doctor. Please do not let too many days pass without a bowel movement, as this can create bulky, hard stools that can be uncomfortable to pass. **Do not insert any suppositories or take any enemas unless directed by the doctor.**

8. **Some bleeding following the surgery is common.**
   This will be particularly true when you have a bowel movement. However, profuse bleeding or the passage of large amounts of clots without stoppage of the bleeding (approximately 7-10 days following the surgery) is not normal. If this occurs, please contact your doctor immediately.

9. **Infections are very rare following the surgery, but can occur.**
   If you experience any fever that is more than 38.33°C (101 F), spreading redness, or a crackling sensation under the skin on your bottom or genitalia, please contact the doctor immediately.

10. **After visiting the toilet, you should gently blot the area dry with a tissue paper.**
    For the first few days following surgery, you will find it most comfortable if you simply get into the Sitz bath following a bowel movement and let the warm water gently wash the area clean.

11. **Do not overfill your bladder with fluids in the first 24 hours after surgery.**
    As an overfilled bladder is much more difficult to empty. If you experience fullness in your bladder and cannot empty it, you should simply sit in a warm Sitz bath and try to empty your bladder in the tub. If you still cannot empty your bladder and feel discomfort, please inform your doctor.

12. **Visit the doctor regularly after your surgery.**

Reference:

http://mcsurgical.net/postoperative_anal_fistula_repair.htm #39; Last accessed on 30th April 2011#39;