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NHS Grampian

Going home after anal surgery

Information for patients and carers

Aberdeen Royal Infirmary

General advice

Letter for your GP

We'll email a letter about your hospital stay to your GP. This letter tells your GP about your surgery and any other relevant information.

Medication

We'll give you any medication you may need before you leave the ward. If necessary, your GP can arrange for a further supply. If you brought your own drugs into hospital with you, please make sure you get them back before you leave hospital.

Medical certificates

These can be supplied by your GP as required. Your GP can answer any other questions you may have regarding your recovery and return to work.

Outpatient Clinic

If you need to be seen at the Outpatient Clinic, we'll send a card to your home with details of this appointment.

Specific advice

Bowels

Depending on the surgery you've had, we might give you laxatives to help soften your stool. This makes it more comfortable to pass a motion.

Eat plenty of fresh vegetables, fruit and fluids in your daily eating plan to avoid constipation.

Avoid straining when on the toilet and pat the area dry rather than rubbing. It's usual for the first bowel motion to be uncomfortable after anal surgery.

Hygiene

Keep your anal area clean and dry. Have a bath or shower 1 to 2 times a day. This promotes healing and make things more comfortable.

Driving

Don't drive until you are moving easily and can safely do an emergency stop. If you drive a vehicle while you are stiff or sore, your reactions will be slower than usual. You may find that your insurance is affected if you drive while unfit. Check with your insurance company if you're unsure.

Returning to work

This will depend on the type of work you do. Your surgeon or GP will advise you on this.

If you have any problems, please contact your GP.

Contact telephone numbers

If you are concerned in any way about your procedure, please contact your GP or the ward you stayed in:

Ward 206

☎ 01224 553366 ☎

Ward 207

☎ 01224 553364 ☎

Ward 208

☎ 01224 552132☎

For general advice you can also contact:

NHS 24

☎ 111 ☎

Notes

Please use this page to make any notes.

This leaflet is also available in large print.

Other formats and languages can be supplied on request. Please call Quality Development on 01224 554149 for a copy. Ask for leaflet 0408.

Feedback from the public helped us to develop this leaflet. If you have any comments on how we can improve it, please call 01224 554149 to let us know.

Wards 206
Aberdeen Royal Infirmary
Leaflet supplied by:

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