

## Specialising in Advanced Keyhole Surgery

Hernia

Gall Bladder

Weight Loss

Reflux / Hiatus Hernia

Excessive Sweating

Facial Blushing

Carpal Tunnel

Bowel

**If you require further information on any of these services,  
please contact us on (03) 9760 2777**



2 Langwith Avenue, Boronia, Victoria 3155  
Telephone (03) 9760 2777 Facsimile (03) 9761 0207  
[www.lapsurgeryaustralia.com.au](http://www.lapsurgeryaustralia.com.au)

### DISCHARGE INSTRUCTIONS

## Anorectal Procedures

- MR RAY McHENRY
- MR CHRIS HENSMAN

- MR RICHARD GILHOME

Your next appointment has been made at:

- LANGWITH CONSULTING SUITES**  
2 Langwith Avenue,  
Boronia
- THE VALLEY PRIVATE HOSPITAL**  
Churchill Consulting Suites  
Cnr Police & Gladstone Road, Mulgrave
- ROSEBUD SURGICENTRE**  
1537 Point Nepean Road  
Rosebud West
- THE BAYS PRIVATE HOSPITAL**  
Vale Street,  
Morningson
- ST JOHN OF GOD HOSPITAL**  
Consulting Suites  
Suite 4, 8 Gibb Street, Berwick

Day \_\_\_\_\_

Date \_\_\_\_\_

Time \_\_\_\_\_

## **DISCHARGE INSTRUCTION: Anorectal Procedures**

### **Please note:**

#### **Within 24 hours of your Operation You Must Not:**

- Drive a car or take public transport unaccompanied.
- Operate Machinery
- Consume alcohol
- Sign any legal documents or make any responsible decisions.

### **Analgesia:**

- Take Paracetamol or prescribed medication regularly, 1-2 tablets every 4-6 hours for comfort.
- The addition of an anti-inflammatory medication such as Ibuprofen, Voltaren may also be helpful if you are able to take these drugs.
- Ice packs applied 20 mins. at a time, and/or warm salt baths may help in the first 1-5 days.
- Pain should be much reduced after 24-48 hrs.

### **Bowel Habits - To ensure regularity:**

- Ensure high fibre diet.
- Drink at least 8 glasses of water or other fluid each day.
- Add laxative or fibre supplement, eg Agarol. Metamucil, Benefibre
- Maintain mobility, eg. Gentle walking.

### **Care of Wound:**

- Ensure that all dressings are soaked off within 24 hrs. Any packing usually comes away with the first bowel action.
- Warm salt baths daily and after each bowel movement. One cup of salt to a bath of water.
- If sutures are present they will dissolve, unless otherwise stated.
- A small amount of bleeding, yellowish discharge and discomfort is usual as the wound heals completely. [ 3-4 weeks.]

### **On-going Care:**

- An appointment will be made for you prior to discharge from Hospital.
- If not, please call our Rooms on **9760 2777** to arrange your post operative appointment.
- Notify the Rooms :
  - if you experience any problems with your wound, including abnormal redness, pain, or discharge.
  - You develop a fever, or get hot/cold flushes.
  - Your pain is not being relieved by the analgesia you are using.

### **Out of Hours: Ph: 9760 2777**

- A recorded message will give you details of how to contact the Surgeon on call, who will assist you with your concerns.
- If you are unable to contact the Surgeon on call, go to the Emergency Dept of either Knox Private Hospital or the Valley Private Hospital. There will be an out-of-pocket cost for this visit.