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Post fistula surgery care

A fistulotomy was performed

The fistula tunnel went through a small amount of muscle, and tunnel was opened up. The wound will heal over the coming weeks.

Soak in a tub of warm water for 5-10 minutes twice a day and after bowel movements for the next 2-3 weeks. This will help keep the area clean. Cover with a piece of dry gauze to protect your undergarments. A small amount of drainage, sometimes blood tinged, is expected during healing

For pain control, please take extra strength Tylenol and/or advil as directed on the box. A prescription has been written for something stronger if needed. No driving while taking these stronger pain medications.

While healing, avoid constipation by taking Lax-a-day (17 g/day) as needed. This can be purchased at any pharmacy.

A seton drain was placed

The fistula went through too much muscle to safely cut it. The drain will remain in place for at least 3 months, further options will be discussed in clinic. The drain should limit the amount of pain and drainage, but soaking in a tub for 5-10 minutes 1-2 times/day will help keep the area clean. A piece of gauze may be needed to keep your undergarments clean

Please call my office to book a follow up appointment in _____ weeks.

Return to the hospital or call my office if you are having ongoing bleeding, fevers.