

## Post fissure surgery

### Pain control

- For pain control please take the following
  - Acetaminophen (Tylenol) 1000 mg every 6 hours for the first three days, then every 6 hours as needed
  - Ibuprofen (Advil) 400 mg every 6 hours for the first three days, then every 6 hours as needed
  - Hydromorphone
    - Follow the directions on the prescription
- Most people find that the pain improves after about 1 week

### Constipation

- Certain pain medications can be constipating which can be quite painful after surgery. Please take PEG 3350 (Restoralax/Lax-a-day) 17g a day to avoid constipation

### Wound care

- Please soak in a tub/sitz bath of warm water for 10-15 minutes twice a day. This will help keep the wounds clean, and may help sooth pain
- There may be some drainage or light bleeding from the wound. Place a dry piece of gauze to protect your undergarments

Please call or email the office to set up a follow appointment in 4-6 weeks. If there are any issues, please contact the office for further direction or an earlier appointment