



THD Post-Op Orders:

- Drink 8-10 glasses of non-carbonated, non-caffeine containing, non-alcoholic beverages per day.
- Take one teaspoon of Konsyl 6.0 fiber supplement in liquid per day or 1 teaspoon of Metamucil 2 times a day.
- Take 3-4 tablespoons of mineral oil 3 times a day.
- Eat a high fiber diet.
- If applicable, remove the out bandage tomorrow or prior to a bowel movement this evening. The small gauze pads further inside will come out in a bowel movement.
- Resume normal activities. No heavy lifting, straining, pushing, pulling, or exercise for two weeks.
- Take warm water sitz baths for 10-20 minutes 3-4 times a day and after a bowel movement.
- For postoperative pain a prescription is provided.
- Should you become constipated, take 1 oz. (30ml) of Milk Magnesia. If there are no results in six hours, repeat.
- You will have blood in your bowel movements for a few days to few weeks. If it becomes steady and/or excessive, call the office.
- Mucous discharge and swollen anal tissue are common after surgery and usually does not indicate a problem.
- Call to make an appointment for an office visit in ____ week(s).
- DO NOT take any aspirin-containing products for at least two weeks. Tylenol approved.
- Most stitches will dissolve. It is normal to see them in the toilet bowl.
- If you have further questions or comments please do not hesitate to call the office.

Provided by Atlanta Colon & Rectal Surgery, P.A.

This document's intended use is to serve as an example of Post Op Instructions for the THD procedure, please refer to your facility's best practices when issuing Post Op Instructions