

# Georgia Colon & Rectal

**SURGICAL ASSOCIATES**

Dr. \_\_\_\_\_

## POST-OPERATIVE INSTRUCTIONS FOR SPHINCTEROPLASTY

1. No driving for 2 weeks.
2. No lifting, bending, stooping, or exercising for 4 weeks.
3. Refrain from intercourse for 6 weeks.
4. Full liquid diet for 2 days, then a low residue diet for 2 weeks.
5. Wound care:
  - a. Irrigate incision with warm soapy water
  - b. Next, air or blow dry for 7 days
6. Watch for:
  - a. Increased swelling
  - b. Increased drainage
  - c. Increased redness on the buttock and perineum (rectal area)
  - d. Fever, chills, or difficulty urinating
7. If you have any of these symptoms, call the office.
8. Antibiotics as directed by your doctor.  
You may resume routine medications as directed by your physician.

### PLEASE NOTE:

**PAIN MEDICATION CAN ONLY BE REFILLED  
DURING REGULAR BUSINESS HOURS,  
MONDAY TO FRIDAY, 8:00 A.M. TO 4:30 P.M.**