JOHN WILLIAMS M.D.

LIFT Care Instructions

Surgery is a stress on your body. Most patients will feel tired and rundown for several days afterward. It is not unusual for patients to want to take a nap.

Pain management- I will send pain medicine to your pharmacy. I typically also accompany that with an antinausea medicine as anesthesia can make some people nauseated. This pain medicine causes constipation and most patients, so taking a fiber supplement would be helpful. If you find yourself becoming constipated, I would recommend trying something gentle as you just had surgery in the perianal area. As time goes on, you should be able to switch over to Tylenol or Motrin.

Wound care- You have an incision near your anus that is loosely closed with sutures. Those will dissolve and fall out on their own. If you happen to see them, it would look like a small string and this is normal. I recommend placing nonsterile/generic gauze over your incision in order to help absorb moisture. Remember this is a dark warm moist location of the body. This makes wound healing a little more challenging. You do not need to place any antibacterial creams or ointments on the incision. It is not unusual for the incision to open up a little bit. While this can be disconcerting, it will eventually heal closed. Your other area of wound care is where the fistula tract was exiting on the skin. I sometimes place gauze within the tunnel at the time of surgery. You may remove this the first time you shower. I do not expect you to place gauze back in the defect. You do not need antibiotic pills. There will be some drainage. This is to be expected.

Driving- You may drive whenever you are off of your narcotic pain medicine and you feel like you are walking around fairly normally.

Activity- You may sit on the area. I do not recommend special pillows. You may engage in activity as tolerated.

Bathing- You may shower. Just allow soap and water to run over the area. Pat the area dry and replace the gauze over your incision.

If you have any questions, please call the clinic at 979-977-3490