



POST OPERATIVE INSTRUCTIONS FOR ANAL FISTULOTOMY

Dear Patient,

Following your anal fistulotomy, it is important to understand what to expect and how to manage your recovery. The pain and discomfort experienced after surgery can vary depending on the extensiveness of the procedure and individual pain tolerance. Proper pain control before, during, and after the surgery is crucial for optimal recovery.

Immediately After the Procedure:

1. Rest and Activity:

- i. Rest for the remainder of the day after your surgery. Gradually increase your activity level as tolerated over the next few days.
- ii. Avoid strenuous activities, heavy lifting (more than 10 pounds), and vigorous exercise for at least 4-6 weeks, or as advised by Dr. Kim.

2. Pain Management:

- i. You may experience some pain, swelling, and bruising around the surgical site. Take the prescribed pain medication as directed. Over-the-counter pain relievers such as acetaminophen (Tylenol) can also be used if approved by Dr. Kim.
- ii. Avoid NSAIDs like aspirin or ibuprofen unless otherwise directed, as these can increase bleeding risk.

3. Ice Packs:

- i. Applying ice packs to the surgical area for 20 minutes at a time, several times a day, can help reduce swelling and discomfort. Ensure the ice pack is wrapped in a cloth to avoid direct contact with the skin.

Diet and Hydration:

1. Diet:

- i. Resume a normal diet as tolerated. Start with light, easy-to-digest foods and gradually return to your regular diet.
- ii. Include high-fiber foods such as fruits, vegetables, and whole grains to prevent constipation.

2. Hydration:

- i. Drink plenty of fluids to stay well-hydrated and promote regular bowel movements.



Hygiene and Wound Care:

1. Incision Care:

- i. Keep the surgical area clean and dry. Follow any specific instructions provided by Dr. Kim regarding wound care.
- ii. You may shower 24-48 hours after surgery, but avoid soaking in a bath or swimming until your incisions are fully healed.

2. Dressings:

- i. If you have dressings over your incisions, follow Dr. Kim's instructions on when and how to change them.
- ii. If you have steri-strips (small adhesive strips) over your incisions, allow them to fall off on their own.

Activity and Exercise:

1. Gradual Return to Activities:

- i. Gradually resume normal activities as you feel comfortable, but avoid heavy lifting, strenuous exercise, and activities that strain the abdominal muscles for at least 4-6 weeks.

2. Walking:

- i. Walking is encouraged and can help prevent complications such as blood clots. Take short, frequent walks and gradually increase the duration and distance.

Follow-Up Care:

1. Scheduled Appointment:

- i. Schedule a follow-up appointment with Dr. Kim as directed. This is typically within 1-2 weeks after surgery.
- ii. Please call the office at 925-430-5613 to schedule your post-op appointment if it has not already been arranged. If you need to reschedule, please give 72-hour notice to avoid charges.

Potential Side Effects:

1. Mild Swelling and Bruising:

- i. You may notice mild swelling and bruising around the surgical site. This is normal and should resolve on its own.

2. Discomfort:

- i. Mild discomfort or a feeling of tightness in the surgical area is common and should improve within a few days to weeks.



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When to Contact Our Office:

1. Severe Pain or Swelling:

- i. If you experience severe pain, significant swelling, or persistent discomfort, contact our office immediately.

2. Signs of Infection:

- i. If you develop fever, chills, increased redness, warmth, or drainage from the surgical site, seek medical attention promptly.

3. Other Concerns:

- i. If you have any other concerns or questions about your recovery, do not hesitate to contact our office at (925) 430-5613.

Thank you for your cooperation. Following these instructions will help ensure a smooth recovery and the best possible outcome. We are committed to your health and well-being and are here to support you throughout your recovery process.

Sincerely,

Dr. Ran S. Kim

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