

INSTRUCTIONS AFTER DRAINAGE OF PERIRECTAL ABSCESS

- You may remove the dressing eight hours after the procedure.
- You will notice drainage on the dressing and will continue to have drainage for a while, as the inflammation subsides.
- After removing the dressing, place a piece of 100% cotton next to the opening to absorb any drainage. This will need to be changed frequently (about every 2 hours while awake) to keep the area clean and dry. Occasionally, a small piece of gauze is used to pack the wound. It may fall out when the dressing is removed, or you may remove it yourself tomorrow. You need not replace this.
- Beginning tomorrow, sit in a tub of warm water for 15 to 20 minutes at least twice a day, and after bowel movements.
- Clean the area after bowel movements with Tucks, or wet cotton.
- Again, use a piece of dry cotton as a dressing.

DIET

- Eat a regular diet. Avoid foods that may constipate you, or give you diarrhea. Avoid seeds, nuts, corn, and popcorn.
- Drink 6-8 glasses of water each day in addition to your meals.

MEDICATION

- Take a fiber supplement twice a day (Metamucil, perdiem fiber, or similar product).
- Take pain medication as directed. Do not drive or operate machinery while taking pain medication. We recommend extra strength Tylenol for mild to moderate pain. Take this according to the label instructions. Avoid laxatives unless directed by your doctor.

BOWEL HABITS

- If you go more than 3 days without a bowel movement, take a regular fleet enema.

ACTIVITY

- Resume regular activities tomorrow as tolerated. Avoid strenuous activities and sports for one week.

CALL THE OFFICE If you have any questions or concerns.

Call immediately, if you notice:

Increased pain or bleeding,

Fever > 100 degrees Fahrenheit,

Difficulty urinating.

