

CENTER FOR COLON & RECTAL HEALTH, INC.
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STARR PROCEDURE POSTOPERATIVE INSTRUCTIONS
STAPLED ANORECTAL RESECTION

OPERATION: You have just undergone a stapled anorectal resection.

WHAT TO EXPECT: A little bit of bleeding is normal for up to four weeks after surgery. This may be seen as bright red blood per rectum on the toilet tissue, a few drops of blood in the bowl, or some blood on the stool. A good rule of thumb is if you cannot see the bottom of the bowel because of blood, call our office at 215-741-4910 immediately.

At the end of your surgery, a packing may have been placed made out of a gelatinous material soaked in numbing medicine. This should either dissolve or pass with the first bowel movement, but should not be a cause for alarm. If you have any questions, please contact our office.

PAIN MEDICATIONS: You have been given a narcotic pain prescription which often-times causes constipation. For this you should take a stool softener on a daily basis for four weeks. The procedure also causes spasm of the rectal wall. For this you have been prescribed a muscle relaxant. If you find yourself getting too sleepy or light-headed from the muscle relaxant, refrain from taking your next dose and call the office for advice.

STOOL SOFTENERS: It is recommended that you take a stool softener for four full weeks after surgery. This can be in the form of Colace or generic Colace, 100 mg. three times a day; or Metamucil, one teaspoon in a glass of water or juice twice a day; or Miralax, one capful (17 grams) in water or juice twice a day. All of these are over-the-counter.

ACTIVITIES: You have a staple line in the rectum which can separate if too much lifting, straining, or activity is performed, causing severe bleeding and possible infection. You should refrain from any activities that require straining or lifting more than 15-20 pounds for four full weeks after surgery. Walking and stairs are fine and you can resume driving once you have stopped all pain medications and muscle relaxants.

FOLLOW-UP: You will need a follow-up visit in our office to assess the surgical site. This should be made for four weeks after surgery. Call our office at 215-741-4910 to make an appointment.

REASONS TO CONTACT OUR OFFICE: Severe pain in the anal area or rectal area, severe low back pain, or the inability to urinate. Any temperature greater than 99.5 should be reported to the office. Significant rectal bleeding, as detailed above. Should any of these occur, please call our office immediately at 215-741-4910 for advice.