

Rectal Surgery Post-Op Instructions

- Soak in bath tub several times a day. Use the tub especially after having bowel movements, it will help clean the area, and help with discomfort.
- You may take a stool softener or other laxatives by mouth to avoid constipation. **No Enemas or Suppositories.**
- Limit your activity, avoid strenuous lifting.
- Your first bowel movement will be bloody, this is normal.
- No driving until you are no longer taking pain medication and able to respond quickly.