



Dr Mark Romero

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Post-operative instructions for fissure-in-ano procedure

After your fissure-in-ano procedure, you will be reviewed by me or one of my team members and discharged. This will usually be on the same day as the surgery. Below are some post-operative notes, please familiarise yourself with them.

Diet:

No special restrictions. Everything in moderation.

Pain relief:

The discomfort after this operation varies but is usually very mild. Regular Panadol and Nurofen should suffice (you may need nothing at all).

Wound care:

I recommend salt water baths after opening your bowels to keep the wound clean. You may wish to wear a pad in your underwear to avoid staining but this is usually minimal as the wound is small.

Activities:

Please move about as much as you can within the limits of your comfort.

Expected healing process:

Expect immediate relief of pain from opening your bowels. Very rarely, you may experience slight wind or stool incontinence for a few weeks but this usually settles with time.

Return to work:

You can return to work as soon as you feel able to.

Things you should tell your GP or me about:

- Severe pain that is not responding to the pain relief prescribed needs attention and should not be ignored.
- Fevers or feeling sick after this procedure is unusual and you should contact your GP or me for attention immediately.

Follow up:

Your usual follow up with me will be around 6 weeks after the procedure and you will be provided with an appointment card at discharge or will be asked to make an appointment yourself (if you go home

on the weekend, for example). It is important for you to keep your appointment as we can discuss your recovery and I can assess your healing and give you the all clear.

All the best,

A handwritten signature in black ink, appearing to read "Mark Romero". The signature is fluid and cursive, with a large, sweeping initial "M".

Dr Mark Romero