



Dr Mark Romero

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General and Colorectal Surgery

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Post-operative instructions for HAL-RAR

After your HAL-RAR procedure, you will be reviewed by me or one of my team members and discharged. This may occur on the same day as the surgery (this will have been previously discussed) but more commonly it will be the day after. It is **imperative** that you pass urine before going home as difficulty passing urine can and does occur (although the exact mechanism for this is uncertain). Below are some post-operative notes, please familiarise yourself with them.

Diet:

No special restrictions. Everything in moderation. Plenty of water and avoid constipation.

Pain relief:

The discomfort after this operation varies from virtually non-existent to very uncomfortable. This depends on the degree of "tightening" required to pull in your prolapsing tissue. Regular Panadol and Nurofen should be taken regularly **and** together, for the first days. You will be provided with a script for a stronger analgesic (such as Tramadol or Endone) to supplement the Panadol and Nurofen. Because the stronger analgesics often can cause a degree of constipation, you will also be prescribed a stool softener (Lactulose or Coloxyl with Senna). Please take these until your normal bowel habit is restored.

Wound care:

Although you might experience some bleeding from your bottom for a number of days after the procedure, there really is not much else to do to care for your bottom as nothing has been "cut".

Activities:

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

Expected healing process:

Expect discomfort and bruising in the area for up to three weeks. By six weeks you should be completely back to normal.

Return to work:

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

Things you should tell your GP or me about:

- Inability to pass urine after going home is serious and you should contact me at the rooms. If after hours, please attend the emergency department.
- 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', with a small dash at the end.

Dr Mark Romero