



Dr Mark Romero

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Post-operative instructions for fistula-in-ano procedure

After your fistula-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. Plenty of water and avoid constipation.

Pain relief:

The discomfort after this operation varies but is usually mild. Regular Panadol and Nurofen should be taken regularly **and** together, for the first few days. You will be provided with a script for a stronger analgesic (such as Tramadol or Endone) to supplement the Panadol and Nurofen **if** you need it.

Wound care:

If your fistula has been laid open, I recommend salt water baths after opening your bowels to keep the wound clean. If a fistula plug has been inserted, no special care is required.

Activities:

Please move about as much as you can within the limits of your comfort. If a fistula plug has been inserted, avoid heavy lifting (>5kg) and straining activities for 6 weeks.

Expected healing process:

Expect discomfort in the area for 1 or 2 weeks. By six weeks you should be completely back to normal with a healed fistula scar or incorporated fistula plug. If your fistula has been laid open, you may experience some mild incontinence of wind or faeces for 1 to 2 weeks.

Return to work:

You can return to work as soon as you feel able to. With a fistula plug, you will need to be on light duties for 6 weeks.

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 long horizontal stroke at the end.

Dr Mark Romero