**POST ANORECTAL SURGERY INSTRUCTIONS:**

* You may resume a normal diet, although you should avoid spicy foods and food items that cause you to experience diarrhea or constipation.
* Use prescribed pain medication if needed, but as little as possible to avoid constipation.
* You may use regular Tylenol or Advil for pain relief as these are not constipating.
* Use over the counter stool softeners or laxatives if needed.
* Some bleeding and swelling are normal after surgery.
* If sutures were used, they will dissolve.
* Perform daily warm sitz baths to relieve pain from sphincter spasm until healed.
* If you have trouble passing urine, try sitting in a warm bath.  If still unable to void, you may need to go to an emergency department for catheter insertion.