



ATLANTA COLON & RECTAL SURGERY, P.A.

ANAL RECTAL DISCHARGE INSTRUCTIONS

1. Drink 8-10 glasses of non-carbonated, non-caffeine containing, non-alcoholic beverages per day.
2. Take one teaspoon of Konsyl 6.0 fiber supplement in liquid per day or 1 teaspoon of Metamucil 2 times a day.
3. Take 3-4 tablespoons of mineral oil 3 times a day.
4. Eat a high fiber diet.
5. If applicable, remove the outer bandage tomorrow or prior to a bowel movement this evening. The small gauze pads further inside will come out with a bowel movement.
6. Resume normal activities. No heavy lifting, straining, pushing, pulling, or exercise for two weeks.
7. Take warm water sitz baths for 10-20 minutes 3-4 times a day and after a bowel movement.
8. For postoperative pain a prescription is provided.
9. Should you become constipated, take 1 oz. (30ml) of Milk of Magnesia. If there are no results in six hours, repeat.
10. You will have blood in your bowel movements for a few days to a few weeks. If it becomes steady and/or excessive, call the office.
11. Mucous discharge and swollen anal tissue are common after surgery and usually does not indicate a problem.
12. Call to make an appointment for an office visit in _____ week(s).
13. DO NOT take any aspirin-containing products for at least two weeks. Tylenol approved.
14. Most stitches will dissolve. It is normal to see them in the toilet bowl.
15. If you have further questions or concerns please do not hesitate to call one of the offices listed below.

Please call during the hours of 9 a.m. - 4:30 p.m., Monday through Friday for prescription refills. No refills approved after 4:30 p.m. M-F, or weekends & holidays.

St. Joseph's Medical Building II
5667 Peachtree Dunwoody Road, N.E., Suite 330
Atlanta, Georgia 30342
Phone: (404) 252-5669
Fax: (404) 252-9473

Wellstar Kennestone Medical Center
780 Canton Road, Suite 315
Marietta, Georgia 30060
Phone: (770) 794-7203
Fax: (770) 794-7204

Southern Regional Medical Center
33 SW Upper Riverdale Road, Suite 115
Riverdale, Georgia 30274
Phone: (770) 997-1975
Fax: (770) 997-1966

Crawford Long Medical Office Tower
550 Peachtree Street, N.E., Suite 1110
Atlanta, Georgia 30308
Phone: (404) 523-0065
Fax: (404) 523-8155

Dekalb Medical Center
2675 North Decatur Road, Suite 614
Decatur, Georgia 30033
Phone: (404) 294-9900
Fax: (404) 294-0330

Cobb Medical Office Building
1700 Hospital South Dr., Suite 401
Austell, Georgia 30106
Phone: (770) 948-0102
Fax: (770) 948-0058

Emory Adventist
3903 S. Cobb Drive
Smyrna, Georgia 30080
Phone: (770) 948-0102
Fax: (770) 948-0058