

Home Care After Removal of Anal Warts or Anal Lesion

This handout will tell you how to take care of yourself when you go home after the removal of anal warts. Your nurse will go over this handout with you. Please ask questions. If you have questions once you are home, please call the numbers listed at the end of the handout.

Getting Ready for Surgery

- Make plans to be off work for about a week after surgery. Discuss this with your doctor. The amount of time off depends on the number of anal warts, location and size of the anal lesions that are removed.
- Do your household chores ahead of time or make plans for someone to help you with them.
- Plan activities that do not require you to stand or sit for more than an hour. No heavy lifting.
- For a few days, wear loose comfortable clothing.

Preparing Your Bowels for Surgery

You will need to “clean your bowels out” before your surgery. Go to a drugstore and get a bottle of magnesium citrate and 2 Fleets® phosphate enemas.

1. The day before surgery, have a light lunch and a clear liquid dinner.
2. After your clear liquid dinner, drink 10 ounces of the magnesium citrate.
3. The morning of surgery take the first Fleets® enema 1½ hours before leaving home. Take a second enema 1 hour before leaving home.

The bowel prep may vary depending on your pain level. This will be decided when seen by the surgeon prior to surgery.

After Surgery

Rectal Care

- Take a sitz bath at least 3-4 times a day and after each bowel movement for a total of _____ days. A sitz bath is a plastic tub that you place in your toilet to soothe your rectal area. Pour warm water into the sitz bath before sitting on it. This will help healing and lessen pain and rectal spasms. If you prefer, you can sit in a tub of warm water instead of using the sitz bath. Sit in the water for 10-20 minutes.
- Avoid hard wiping of the anal area for the first few weeks.
- For the first few days, clean the anal area after a bowel movement by spraying it with **warm** water. We will send you home with a spray bottle. Baby wipes can also be used to gently clean the rectal area.
- You will have yellowish-red drainage from the rectum for at least 7 to 14 days. We will send pads home with you to place in your underpants. The drainage will decrease in amount and become lighter in color over time. You may notice an increase in red drainage if you become more active.

Activities

- Plan for rest, but also move around the house as much as it feels comfortable.
- You may drive after you stop taking narcotic pain pills and feel you can react quickly to changes in traffic conditions.
- Sex may be resumed _____.
- Check with your doctor before going back to work. You may need to take more time off if your job involves heavy labor or sitting for long periods of time.

Pain Medicine

You will have pain in the surgical area. Pain medicine will be prescribed for you if you need it. Do not drink alcohol, drive a car, or operate machines while you are taking the pain pills.

To Avoid Constipation

- A stool softener may be ordered for you. A stool softener will help stool pass more easily. Do not try to avoid having a bowel movement, even if it is painful. Your colon removes fluid from your stool. The longer stool sits in your colon, the harder it becomes. It is better to pass the stool than to have it become a hard stool.
- To prevent straining and constipation, you should eat foods high in fiber and **drink plenty of liquids**. Resume high fiber diet after first bowel movement.

When to Call the Doctor

- Large amounts of bright red blood from the rectal area that will not stop with pressure to the rectal area for 10 minutes.
- Temperature greater than 100.4° F. Check your temperature once a day for one week.
- Foul-smelling drainage from suture line, if you have one, around the anal area.
- Breaking open of the suture line, if you have one.
- Excess swelling in the rectal area.

Phone Numbers

Digestive Health Center: **(608) 242-2800**

After hours, weekends or holidays this number will be answered by the paging operator. Ask for the doctor on call or ask for _____. Leave your name and phone number with area code. The doctor will call you back.

If you live out of the area, **call: (855) 342-9900**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 4/2019 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5772