

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.

Getting Ready

- Make plans to be off work for about a week after surgery. You may need to be off longer if your job involves heavy labor or sitting for long periods of time. Discuss this with your doctor.
- Do your household chores before surgery or make plans for someone to help you.
- Plan activities that do not require you to stand or sit for more than an hour.
- Plan to wear loose comfortable clothing for a few days.

After Surgery

Rectal Care

Take a sitz bath at least three to four times a day and after each bowel movement for 1-2 weeks. Sit in bathtub filled with 3-5 inches of warm water for at least 10-20 minutes.

Do not add anything to the water. You can also use a sitz bath unit that fits over your toilet.

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. Wear pads (free of perfume and dyes) in cotton underwear (use dye and fragrance free detergent). The drainage will decrease in amount and become lighter in color over time. You may notice an increase in red drainage when you are more active.

Activities

- Plan for rest, but also move around the house as much as you can.
- You may drive after you feel you can react quickly to changes in traffic conditions.
- Sex may be resumed when you feel comfortable.
- Check with your doctor before going back to work.
- No heavy lifting.

Pain Medicine

You will have pain in the surgical area. You should use over the counter pain management medications such as Tylenol on a regular schedule to help relieve pain. 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.

Avoid Constipation

Take a stool softener to prevent constipation. Take these if you use opioid pain pills and until you have your first bowel movement. This will help stool pass more easily. Follow package directions. Eat foods high in fiber and **drink plenty of liquids**.

When to Call

- Large amounts of bright red blood from the rectal area that will not stop

with pressure to the rectal area for 10 minutes.

- Fever over 100.4° F. Check for a fever once a day for one week.
- If you have stitches and they break open or if you have foul-smelling drainage around the stitches.
- A lot of swelling in the rectal area.

Who to Call

Digestive Health Center
(608) 242-2800 or (855) 342-9900

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

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 © 10/2021 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5772