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POST-OPERATIVE INSTRUCTIONS FOLLOWING GASTROSCOPY & COLONOSCOPY (+/- DAY SURGICAL HAEMORRHOID THERAPY)

Pain Relief

- Regular paracetamol (1g, ie 2 x 500mg) every 6 hours can be taken together with either oxycodone, Targin or codeine. **Note:** Panadeine Forte is paracetamol 500mg + 30mg codeine in combination. Occasionally ibuprofen is more effective and less constipating than these stronger pain killers (400mg three times a day with food).
- Rectogesic ointment helps relieve sphincter spasm so it should be used 1cm squirt smeared perianally twice a day for up to 1-2 weeks if tolerated. A severe headache can be a side effect and thus the cream can be stopped if it occurs. It can be bought over the counter.

Constipation

- Common with strong pain killers so consider using Movicol (over the counter medication), one sachet once or twice daily as needed.

Post-operative

- Abdominal discomfort and bloating can persist for about a day and resolves.
- Anal pain and pressure is common after treatment of haemorrhoids and usually subsides by 2 days.
- Bleeding/oozing is common for 2-4 weeks after treatment of haemorrhoids or skin tags and will be mild.
- A normal bowel action may not return for 2 or more days.
- Re-start all medications post-operatively. Blood thinning drugs should be re-started unless instructed otherwise.

Driving & Usual Activity

- Ideally return to work and driving 2 days after procedure.

Wounds

- There may be small wounds after perianal skin tag excisions or other minor surgery.
- The wounds are often left open to heal naturally or if stitched with dissolving stitches.
- The wounds need only common sense washing and pad drying.
- Applying a soothing crème is up to patient choice.

If there is a problem:

Such as severe abdominal pain, fever, persistent bloating, vomiting and lack of bowel activity, large volume rectal bleeding (more than half a cup), inability to pass urine, severe pain not controlled with painkillers prescribed or provided:

- Call rooms in business hours (6925 6004).
- If after hours, in Wagga call Calvary Private Hospital to speak with nursing supervisor (6925 3055). In Griffith call St Vincent's Private Community Hospital on (6966 8300).
- Consult your own GP.
- Present to your local Emergency Department.