

Discharge advice following anal advancement flap



Information for patients

Theatre Admissions - Northern General Hospital

Please ensure you have a competent adult with you for the first 24 hours after your surgery.

We would also advise you not to:

- Drive a car or ride a bike
- Operate any machinery
- Sign any legal documents
- Smoke or drink alcohol
- Take sleeping tablets unless prescribed for you

What should I expect during my recovery?

You may experience some bleeding from your back passage, especially when you have your bowels opened. This is normal and should settle about two weeks after your surgery. However, if this becomes too much or you are worried, please telephone TAU for some advice. If TAU is closed you can contact NHS 111.

What should I do if I have some pain?

After your operation, you will be sore for a week or so. You will be given painkillers to take home. It is important these are taken as prescribed.

Please read the instructions provided with the tablets, to make sure that you do not take more than you should.

Can I have a bath or shower?

You may have a bath or a shower as normal. You may find that daily baths will help with any soreness and it is important to maintain good hygiene.

Is there anything I can do to help my recovery?

It is important to avoid constipation and straining to have a bowel motion. Try to eat a high fibre diet, such as bran, weetabix and oranges and drink plenty of water. Take any laxatives you have been prescribed as instructed.

Avoid heavy lifting for 2 - 4 weeks.

You can walk as soon as you feel able to, this will help your circulation and help with any pain you may have.

Is there anything I should look out for when I go home?

You should get in touch with the Theatre Admissions Unit if you develop any of the following symptoms:

- Persistent fever over 38°C (100.4°F)
- Persistent bleeding
- Increased swelling or pain that is not relieved by painkillers

Who should I contact if I have any concerns?

If you have any concerns please contact the Theatre Admissions Unit on:

- **0114 226 9436**
Monday to Friday, 7.00am - 7.30pm

Outside of these hours please contact your GP's surgery or the **NHS 111** service. If you consider it to be an emergency then please attend your nearest Accident and Emergency Department.

When can I drive?

Your insurance company should be informed about your operation. Some companies will not insure drivers for a number of weeks after surgery, so it's important to check what your policy says.

Before resuming driving, you should be free from the sedative effects of any painkillers you may be taking. You should be comfortable in the driving position and able to safely control your car, including freely performing an emergency stop.

When can I go back to work?

This will depend on the type of work that you do. We normally advise patients to take 2 weeks off work. You are able to fill in a self-certification for the first 7 days. Forms can be obtained from your GP in advance of your admission. If you require a sick note please ask the nurse before going home.



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