

## **Center for Colon & Rectal Health, Inc.**

1203 Langhorne-Newtown Road, Suite 130, Langhorne, PA 19047

Phone 215-741-4910 / Fax 215-741-4394

### **AFTER YOUR PPH OR THD PROCEDURE**

1. When you are discharged you may be given prescriptions for a painkiller and an antibiotic to fill at the pharmacy on your way home. Please take all the antibiotic pills.
2. Do not take any blood thinning medications (or herbals) for ten days after the procedure.
3. Do not drive or engage in any other dangerous activity for at least twenty-four hours after the procedure.
4. Do not exercise for forty-eight hours after the procedure.
5. Take a fiber supplement every day with plenty of water.
6. A small amount of bleeding is not unusual. Please call our office immediately if you experience any heavy bleeding.
7. You may shower or bathe normally. If you are having discomfort, soaking in a warm bath may be very helpful.
8. It is possible to have some difficulty urinating after this procedure. Soaking in a warm bath will often help with this. If you are totally unable to urinate and are feeling a great deal of pressure to do so, you will need to go to the Emergency Room to have a catheter inserted temporarily to drain your urine.
9. You may return to work as soon as you feel up to it.
10. Do not insert anything into the rectum for at least one month after the procedure.
11. Men may return to sexual relations anytime after 48 hours following the procedure. Because of the proximity of the operative site to the vaginal wall, women should not have vaginal penetration for at least two weeks following the procedure.
12. It is not unusual to have tiny surgical staples pass with bowel movements or appear on the toilet tissue. Such shedding is a normal occurrence as the tissues heal. Do not be concerned if you see them. You should also not be concerned if you don't see them.
13. Please call our office immediately if you have fever, chills, or increasing pain.
14. Please call our office to schedule a post-operative appointment:
  - If you had a PPH procedure, please schedule for two weeks after your surgery.
  - If you had a THD procedure, please schedule for four weeks after your surgery.
15. If you have any questions, we are best reached during normal business hours. You may contact us for emergencies at any time. After hours you will reach the answering service and they will contact us. If you are waiting for a callback from us, please ensure that any call-blocking mechanism on your phone is switched off. In the event of an emergency for which you cannot reach us, please go to the St. Mary Medical Center Emergency Room or your closet hospital if you cannot travel that far.

Please sign to acknowledge your receipt and understanding of these pages of instructions.

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Signature

Date