

# PAUL J McMURRICK

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COLON AND RECTAL SURGERY  
COLONOSCOPY AND GASTROSCOPY  
LAPAROSCOPIC SURGERY  
GASTROINTESTINAL PHYSIOLOGY

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## PERI ANAL SURGERY - POST OPERATIVE CARE

You have undergone a perianal operation by Mr Paul McMurrick. Suggested post operative care includes the following:

1. Make sure that you drink at least 4- 6 large glasses of tap water per day. Coffee or tea are not adequate substitutes.
2. Have a generous teaspoon of Metamucil in a large glass of water twice per day. If this causes excessive abdominal cramping you may reduce this to half a teaspoon twice a day. Make sure that it is mixed with a large glass of water, and that you stir the water and Metamucil together and then consume it immediately.
3. Take 20ml of Lactulose twice a day until the bowels are opened. Once you have had a bowel action after the operation you can cease taking the Lactulose.
4. Make sure you have a clean water bath twice per day. It is also reasonable to have a bath or shower after each bowel action.
5. For the first few days after surgery it is advisable to use nappy wipes which are available from either a pharmacist or supermarket in place of toiled paper. These are soothing and help lubricate the peri anal area plus relieving pain.
6. Take pain killers as instructed on the prescription supplied to you by Mr McMurrick.
7. You should contact Mr McMurrick immediately should you develop the following symptoms:-
  - a) high fever
  - b) severe persistent pain in the rectum
  - c) inability to pass urine

**Paul J McMurrick**