

Mr Raymond Yap

MBBS, BMedSci, MSurgEd, FRACS
Colorectal and General Surgeon
Laparoscopy, Robotics, TEMS/TAMIS, taTME
Open Access Colonoscopy & Gastroscopy
Colorectal Cancer, Diverticulitis, IBD
Haemorrhoids & Anorectal Disease

CR Surgery

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After Trananal Excision Surgery (TEMS/TAMIS) Instructions

Pain

- At your procedure, you will receive local anesthetic which will help with the pain over the first day.
- Pain is usually fairly minimal after this operation. Start with paracetamol, ibuprofen or both.

Medications

- **Stool softeners** – Please take a movicol sachet, once a day. You may increase this to two sachets, twice a day if you are constipated or straining.
- **Fibre supplements** – Take 1 teaspoon of a powdered fibre supplement (eg. Metamucil) mixed in a glass of water or juice once in the morning. You can increase to twice a day if you are constipated.
- These supplements are available at all pharmacies without a prescription.
- **Over the counter pain medications** – Please take 1000mg of paracetamol every 6 hours, up to 4 times a day. You can add 400mg of ibuprofen to this, up to 3 times a day as needed – they do not interact.
- **Antibiotics** - You will be given an antibiotic to take for 5 days

Bowel Motions and Diet

- You have no restrictions on your diet.
- You may not move your bowels for three to four days after surgery. This is usually normal. Increase your laxatives after this if you still have not passed a bowel movement.

- Avoid constipation by having a high fibre diet, taking stool softeners and a fibre supplement.
- A small dressing may be in your bottom which will pass with a bowel movement. If it has not passed by the end of the first day after surgery, please remove it in the shower.
- Do not use enemas or suppositories unless directed by your doctor.

Activity

- Please walk several times each day.
- You may return to work whenever you feel able, however most people will take off up to one week.

Things to Watch For

- Slight oozing, spotting or old blood clots when you have bowel movements. If you notice heavy bleeding that is continuous, apply pressure and contact the office.
- If you notice a large volume of blood passing from your bottom, foul smelling drainage, fevers, or severe abdominal pain please call us.

Follow up

- A follow-up appointment has usually been made for you – see below. If not, please call for a 4 week appointment.
- If you have any questions or concerns, please do not hesitate to contact Mr Yap's office.
- If you cannot reach Mr Yap or you need immediate attention, please go to your nearest emergency room.

REVIEW CONSULTATION: Date **TIME:.....**

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