



### **ANORECTAL CARE RECOMMENDATIONS**

Many anorectal conditions are treatable with simple nonsurgical methods. In addition, even if surgery is to be performed, these recommendations tend to ease the recovery and augment the results. Most of the recommendations involve changes in lifestyle and diet that lead to improvements in bowel health, and regularity of bowel function. The following is a list of recommendations for what we call conservative management or TLC of anorectal conditions:

1. You should eat a good health high fiber diet. This means plenty of fresh fruits and vegetables, bran, and fiber. Canned fruits and cooked vegetables do not count. Breads, cereals, pastas, and rice should be whole wheat/whole grain.
2. Limit the amount of constipating foods. The most constipating food is rice. If you are not lactose intolerant, cheese and milk products are also very constipating.
3. Limiting the quantity of red meats and animal fat decreases the occurrence of colon cancer and heart disease.
4. Drink plenty of non-caffeinated, non-alcoholic beverages each day. We recommend 8-10 tall glasses daily. Caffeine and Alcohol are dehydrating.
5. Certain foods are irritating to the anal area and should be limited. These include:
  - a. Spices
  - b. Fried or greasy foods
  - c. Caffeinated foods and drinks
  - d. Citrus products
  - e. Tomato products
  - f. Beer
6. Supplement your diet with a fiber additive, such as Metamucil, Konsyl, or Benefiber. There are many products on the shelf at your local pharmacy. A heaping tablespoon of powder dissolved in a large glass of water or another beverage twice a day should be sufficient. In most instances, the pills or crackers will not be as effective. Check with us first before considering either of these alternatives.
7. If you tend to be constipated, take a stool softener/lubricant such as Surfak or Colace twice each day.
8. After a bowel movement you should wipe gently with toilet paper. Moistening the paper may help. Alternatively you may use pre-moistened baby wipes.
9. 3 times per day and after bowel movements you should use a Bidet or a Sitz bathe to further cleanse and soothe the anal area. You may also consider just soaking in a warm bath a couple of times a day.
10. After a bowel movement or Sitz bathe you may then wipe with a premedicated pad, such as a Tucks pad. Do not leave the pad covering the area.
11. To protect the area from irritation, and absorb any drainage, you can place a dry cotton ball over the anal opening. This should be changed frequently during the day as it gets moist, so keep some extras with you.
12. Over the counter preparation, such as Preparation H are ineffective. There are prescription creams that may help for certain anorectal conditions. If we have been prescribed for you, please follow the instructions given for this medication.
13. Daily exercise is beneficial as it promotes regular bowel function. This does not have to be anything strenuous. A simple 20 minute walk is all that is required.

The changes will not be immediate with these interventions. However, over a period of several weeks you should notice a difference in your symptoms. If you are not improving, please let us know so that we can review your symptoms and re-evaluate your care plan.