

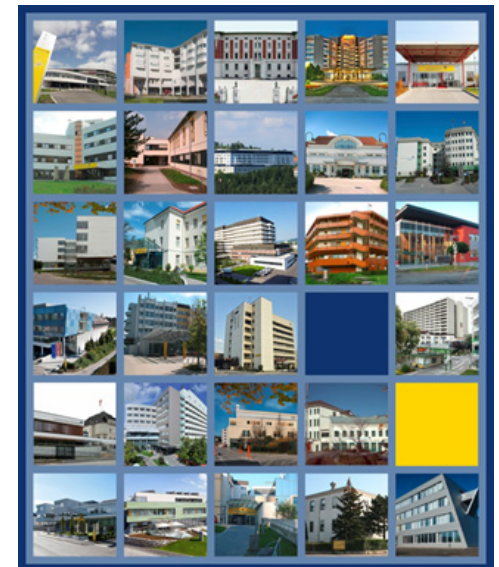
In the case of fever (temperature above 38 °C), swelling, pain or redness at the wound site, you should visit a doctor or our outpatient clinic without delay.

We hope to have answered all your potential questions with this information and wish you a speedy recovery.

Your surgical team

Surgery

Discharge information



Behaviour after perianal abscess and/or perianal fistula surgery

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Perianaler Abszess

Dear Patient,

Further to our discussion at discharge and the doctor's letter, we would like to provide you with some more information relating to the time after your stay in our department.

Postoperative pain

Pain may occur in the area around the surgical wound, however this usually subsides within one week.

If the pain persists longer than this or reoccurs, then please contact your GP or our outpatient clinic.

Wound care

We recommend regular hip baths and/or showering the wound, particularly after each bowel movement but also as a part of your daily routine. This can greatly aid wound healing.

Normally, a dry protective bandage is sufficient. Occasionally, however, it may be necessary to apply a wound-cleansing/analgesic ointment. Particular attention should be paid to hygiene in the perianal area in the long term.

Physical activity/ability to work

The physical rest required is dependent on the medical condition and the extent of the surgery and a recommendation will be made by the doctor treating you. Softer sports are permitted after discharge. Ability to work is dependent on the progress of wound healing.

Nutrition

To greatly aid stool regulation, in the initial weeks after surgery, we recommend a fibre-rich diet, wheat bran/yoghurt as well as sufficient supply of fluids (-> more regular, softer bowel movement).

Laxatives may initially significantly reduce the discomfort during bowel movements, however these should not be taken for a prolonged period and only by doctor's prescription.

Personal hygiene

Showering is possible from the first day after surgery. However, the wound area should only be cleaned with water, and no soap.

Check-ups

As part of the aftercare, we recommend regular examinations in our outpatient clinic. You will be given details of your follow-up appointments at discharge. It is in your interest to attend the follow-up outpatient appointments.

In the case of very deep wounds, it occasionally may be necessary to change the dressing under anaesthetic. You would need to be readmitted to hospital for this.