

## Reminders to Patients that have Anus Surgery

1. Patient should be anesthetized with half part of body and lay flat for 8 hours after surgery.
2. Without having urinated, should avoid having liquid foods.
3. Patient should have more low-fiber foods after surgery (such as juice, congee, or cake).
4. Patient should take hot bath, 15 minutes per time, 4 times a day (adding one more time after stooling).

5. Patient should have more vegetables, fruits, and sufficient amount of water after leaving hospital and avoid having stimulated foods, and stay away from smoking and drinking.

6. Patient should keep the hobby of stooling regularly.

7. Patient should avoid sitting, standing, and over-exhausting for a long period of time.

8. If patient is found falling off or bleeding in large amount, then please return to hospital for emergency treatment.