

- Apply a cold compress to the area for 20 minutes every 4-6 hours for 2 days. Some frozen peas in some clingfilm and tissue paper works well.
- Washing / showering is as normal and going to the toilet is as normal and you don't need to use wet wipes etc. Sitz baths are also quite soothing - put eggcupful of tablet salt into warm bath water to soak for 20 minutes. Don't use bath salts or bubble bath.
- A gauze pad is often placed on the area afterwards as some slight bleeding is common for the first 3-4 days. If at any point it becomes heavier it is advisable to press on the area with some tissue or gauze firmly for 20-30 minutes. Should it still be heavy please contact us.
- Use suppositories if prescribed at night to help with swelling for up to 7-10 days.
- After 2 days apply some Vaseline 2-3 times a day to the area for 10 - 14 days until it has healed to help moisturise the wound to help it heal.
- You will be given prescription for antibiotics for 7 days to get from the chemist.
- Anal skin tag removal can be quite painful afterwards for the first 3-4 days, so it is advisable to take some paracetamol/ibuprofen. Sometimes the surgeon may prescribe a topical gel to help if deemed appropriate.
- **If the pain gets worse after 3-4 days or the pain begins to spread, please call us on 0207 386 0464 just in case there is an infection.**
- Try to keep the stools as soft as possible to prevent straining during the first week. You will have a prescription for some lactulose to help. Keep your diet high in fibre and drink plenty of fluids.
- Things that are normal:
 - Swelling / lumpiness - this can be worrying as often looks worse to start with but will settle over 2-3 weeks with the final swelling and shrinkage of the healed area by 2-3 months. Any lumpiness is often swelling related however if it persists at 3 months let us know.
 - Discharge - this is a yellowy colour at about 7-10 days and is the last stages of the inflammatory healing process. If it however is thick green and offensive smelling with worsening pain the let us know.
- Rarely the area can heal but still be painful particularly on opening your bowels at around 3-4 weeks. This is due to the fragile skin in the area not fully healing. Should you feel this is the case then let us know and we would need to prescribe a cream called Diltiazem to help it heal. Call us if you have any concerns regarding discomfort and persistent bleeding after 3-4 weeks.
- Should you have any concerns after 2 months or things are not quite as expected at any stage post treatment, please call us for a follow up consultation.
- Follow up consultations are £75 with cosmetic surgeons (if you had seen the colorectal surgeon the cost for follow up is £250). Should further treatment be required the costs would be discussed according to what is required.