

For the best recovery after your child's surgery, follow these instructions. Contact us if you have any questions or concerns after reading this.

Pain Control

Most patients only need over-the-counter medication to manage pain for the first 3-4 days after returning home from surgery.

Over-the-Counter Pain Medicine

- Acetaminophen (common brand, Tylenol®)

Give your child pain medication only if they need it. Follow the instructions on the package.

Diet

Your baby can resume breast milk or formula as tolerated.

Constipation

No laxatives: if you are concerned about constipation, call the Colorectal Clinic at 801-662-1619

Wound Care

- Double diaper until post-operative visit, ok to reuse outside diaper if not soiled
- No rectal suppositories or temperatures until cleared by surgeon
- Thick layer of paste at each diaper change, avoid diaper paste to incision
- Keep incision clean and dry
- When cleaning the diaper area, use a patting or dabbing motion, do not wipe the incision or pull it open

Special Care

If your child has a Foley catheter, be careful to not pull on it. Allow the catheter to drain into the diaper and change the diaper as you normally would. Clean the site twice daily with the special wipes you were sent home from the hospital with.

Bathing

- No soaking in tub or swimming until cleared by surgeon
- OK to sponge bathe

Activity Restrictions

No straddle toys/bouncers or direct pressure to incision until cleared by surgeon

Follow-Up Visits

- 3 weeks post discharge in surgery clinic
- Plan to start anal dilations at this visit

We now offer TeleHealth services (a video visit with your doctor). Ask our office if this is an option for you. We need to see you in person after your surgery but can handle some concerns this way.

Contact us immediately if your child has:

- A fever (100.4°F or more for children less than 1 year, 102°F or more for children older than 1 year)
- Pain not controlled by Tylenol
- Signs of dehydration (dry mouth, no urine, small amounts of dark urine)
- Vomiting, diarrhea, or constipation
- Bleeding, swelling, or increased drainage at the incision site

Contact Information

Business hours (M-F, 8:00 am – 5:00 pm)

- To schedule an appointment, please call: (801) 662-2950, Option #1
- To speak to one of our nurses, please call: (801) 662-2950, Option #2
- To speak with the colorectal clinic, please call: (801) 662-1619

After hours, weekends and holidays

- The operator will transfer you to the clinician on call: (801) 662-1000
(Ask for the general surgery team)

If your child has difficulty breathing or any other emergency call 911 or go to the ER