

BOARD CERTIFIED

Anna M. TOKER, MD
SPECIALIZING IN ROBOTIC COLO-RECTAL SURGERY



"I have spent a lifetime mastering the art of surgery and now it is time for an individualized approach to medicine. We have an automated phone system and a small personable staff. I know this system is unorthodox, but it allows us to get to know everyone individually and allows me to spend more time with each patient in a one-on-one environment."

3150 E. Broad St, Suite 100, Mansfield, TX 76063 214.942.3740

Elite ColoRectal Surgery for Mansfield and Midlothian

Dr. Anna Toker is a full-service colorectal surgeon in Mansfield and Midlothian, focusing on robotic approaches to colorectal surgery and offering sacral nerve stimulation for fecal incontinence.

Ano-rectal Surgery

Instructions before and after surgery

Patients do best with surgery when they are hydrated, relaxed, and have proper nutritional intake. Get some rest, eat well, and we will see you the morning of your surgery.

Recent evidence has shown that patients who use narcotic pain medications are slower to heal and have more complications than those who do not. To manage your pain we will call out 3 prescriptions:

There will be 2 prescriptions sent to your pharmacy- please pick them up prior to surgery but do not start taking until 6 hours prior to surgery

- 1) cyclobenzaprine: a muscle relaxant
- 2) Gabapetin: a medication for nerve pain.

There will be 1 prescription called to an out of state pharmacy

1) Sprix nasal spray. (Please call them at 1-844-977-7749 as so on as possible to confirm that they have the prescription and so that they can work with your insurance to cover the cost.) This medication is an extremely effective non-narcotic anti-inflammatoy but is hard to find at a reasonable cost. This pharmacy can help. If you are allergic to NSAIDS please let the doctor know- you should not take this medicine.)

The night before your surgery you should do one fleet enema and then repeat the morning of surgery. You will need to be on an empty stomach for 8 hours.

After your surgery, you should spend time in a warm bath tub-unless otherwise directed. Do not sit on a donut pillow and avoid prolonged sitting on the toilet. There are no food limitations after surgery, per se. Normal bowel habits promote healing so....avoid foods and medications that cause diarrhea or constipation!

The incisions should then be dried off and covered with dry non-woven gauze. If dry gauze is too rough, you can cut cotton t-shirts into small squares and use that as a topical patch over the incisions.

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Avoiding constipation is critical after rectal surgery. Starting prior to surgery, you should take a fiber supplement (powder mixed in water such as citrucel), a stool softner, and a pro-biotic. You will want to continue these supplements after the surgery as well to improve your healing.

You may want to consider several holistic supplements as well- NOW brands has many of these items online...

- 1) n-Acetylcysteine (NAC) 600 mg daily. This is a good anti-inflammatory.
- 2) Inulin and Pectin supplements are prebiotic foods that can support the probiotic supplements suggested
- 3) L- Glutamine 500 mg is an amino acid your intestines like and can promote more normal bowel function
- 4) Arnica montana helps minimize bruising, take as directed on the bottle-this comes as small pills or as a topical and can be found online or Sprouts
- 5) Turmeric- a great anti-inflammatory
- 6) Boswellia can be found at many whole food groceries- Standard process has a medical grade boswellia which is combined with ginger and turmeric and is available online or in our office.
- 7) We can compound a post-operative topical ointment for you that contains a topical anesthetic, muscle relaxant, and cbd. If the medications listed above are not helpful, let us order this compounded medication for you from Key Pharmacy in Cedar Hill.

Rectal surgery hurts, but to heal you must have normal bowel function- avoid constipation and diarrhea. If you have had no BM in 2 4 hours after surgery, take milk of magnesium or Perdiem (an herbal laxative). These medications can be repeated 8 hours later if needed. If still no results, you can take magnesium citrate- 1 bottle. If still no luck, I suggest a dose of miralax every 15 minutes until it produces a bowel movement (this may be a large number of doses)

For any urgent issues call or text 214-942-3740. (Text is not HIPPA compliant-do not give financial information by this method)

PreOp testing (including COVID) will be scheduled by facility!

Surgery Date: _____

Location: _____