**Tryggvi Björn Stefánsson Klínikin**

**Specialist in general surgery and Ármúli 9,**

**Colorectal surgery 108 Reykjavík**

**Tel 519 7000**

**Anal surgery**

**Attend the operation on day, date time In Klínikin, Ármúli 9, 108 Reykjavík**

**Preparation:** Take laxatives for 3 days before the operation (Magnesia medic 500mg 2x2 and HUSK 15ml x2). Do not eat solid food for 6 hours before the operation, you can drink clear drinks until 2 hours before the operation. One tube of Microlax rectal laxative 1-2 hours before surgery. Smoking undesirable. Rest well. Bath or shower the night before surgery and surgery morning.

**Medicines**: Avoid the use of anticoagulants such as those containing magnyl and NSAIDs (eg Ibufen, Voltaren, Naprox ...) for 8 days before the operation. Kóvar need to stop taking 5 days before surgery. Xaralto, Eliquis and Pradaxa should not be taken for 3 days before surgery. Patients taking antihypertensive or cardiac medications may take them with a sip of water on the morning of the day of surgery.

**Cost:** The Icelandic Health Insurance pays for the operation costs in addition to the patient fee for those who are insured in this country. If a "laser" operation is to be performed on a hemorrhoid or fistula in the anus, the laser thread costs ISK 42,000 and a fistula thread costs ISK 41,000. The health insurance institution does not participate in the cost of laser thread.

**After the operation:** After the operation, you will be in recovery untill you are able to go home. If you have any questions regarding diet, work, etc. after the operation, they will be resolved before returning home.

**NB. You will receive sedatives during the operation and therefore you may not drive a car after the operation.**

**Diet:** It is important to keep stools soft. This is best achieved by eating high-fiber foods (wheat bran, vegetables and fruits) and drinking plenty of water.

**Stools:** Do not indulge in bowel movements. It increases the risk of bleeding, edema and pain. For the first few weeks after surgery, you may need to use laxatives: Magnesia medic 2x2, Sorbitol 20-30 ml x1-2, Paraffin oil 30 ml x2, HUSK.

**Hygiene:** Bath or shower twice daily and after bowel movements.

**Exercise:** All exercise is good. Avoid long sets.

**Pain:** Do not use medicines containing codeine as it may cause constipation. Paracetamol, Ibufen and Tramadol are painkillers that may be needed after the operation. You will receive a prescription for the medicines you need before you go home. Hot baths reduce pain and itching. It is good to use AD cream on the skin at the anus to protect it from fluid from the wound. Contact me if you experience increased pain, bleeding or fever after the operation.

**GSM 896 54 31, Email: tryggvi@simnet.is**

**Reception and urgery: Klínikin, Ármúli 9, 108 Reykjavík.**

**Appointments Monday to Friday at 8-16 tel 519 1700.**