

Discharge Instructions - Hemorrhoidectomy

Pain Relief

You may have some rectal pain immediately after your surgery. The pain should gradually lessen over the next 10 - 14 days as your incision heals and the swelling goes down. You will be given a prescription for pain medicine to take as directed. If your pain is mild, you may use Tylenol or Ibuprofen as directed on the bottle. You may find it more comfortable sitting on a fluffy pillow. Do not sit on a plastic ring/donut. These rings add more stress to your rectum. Sitz baths will provide the best pain relief.

Packing

A packing has been placed in your rectum during your surgery. It will come out with your first bowel movement.

Bleeding / Drainage

You may have some bright red bleeding immediately after your surgery and for the next 10 - 14 days as your incision heals. Bleeding may also occur with your bowel movements and be noted in the toilet bowl and/or on the towel tissue. You may need to wear a pad to protect your underwear for a few days.

Bowel Movements

- You may have some pain with your first bowel movements after surgery.
- Do not try to avoid having a bowel movement. Gently bearing down during a bowel movement will not injure the incision.
- Eat foods high in fiber (bran, oats, other grains, fresh fruit and vegetables) and drink lots of water (8 glasses a day).
- Take the stool softener as ordered by your doctor.
- If you are unable to have a bowel movement by the third day after surgery, take milk of magnesia. Follow the directions on the package and allow time for the medicine to be effective. Laxatives can cause diarrhea which can be irritating to your incision. Milk of Magnesia may be repeated in 6 to 8 hours if you still have not had a bowel movement.
- It may take several days for your bowel movements to return to their normal pattern. You may not have a bowel movement every day. It is important to keep your bowel movements soft. However, if your bowel movements become too soft or watery, stop taking the stool softener.

Incision Care

- Sit in 3-4 inches of warm water in your tub for about ten minutes, 3 times a day and after each bowel movement (or more often if you want) to ease discomfort and swelling.
- Place a dry cotton ball over the opening of your anus to keep your incision dry for better healing. To remove the cotton ball, just soak the cotton ball with water or in the warm bath. To clean yourself, wipe gently with a wet cotton ball or use baby wipes (Water Wipes is the preferred brand).
- You may notice that you are having trouble urinating after your surgery. It is sometimes easier to urinate while sitting in the bath tub.

Activity

You may return to your normal activities as you feel up to them. You should not drive while you are taking pain medicine that may cause drowsiness.

When to Call your Health Care Provider

- If you have a temperature of 101.5 degrees or higher
- If you are having problems urinating
- If bleeding becomes severe
- If you have questions or problems

In case of an emergency, call 911 for medical help right away.

Follow-Up Appointment

Make a follow-up appointment for 3-4 weeks after surgery.

Please do not hesitate to call the office [\(310\) 373-6864](tel:310-373-6864) with any questions or concerns.