

Hemorrhoidectomy Post Procedure Instructions

How should I care for myself after my hemorrhoidectomy?

- It is normal to have significant pain and a feeling of swelling after hemorrhoid removal surgery.
- Apply ice to the area today. You can use a zip-lock bag with ice in it, wrapped in a thin towel or ice pack.
- Begin taking medicine for pain - usually ibuprofen 600 mg. every 6 hours and Tylenol 1-2 tabs as needed in addition. Some patients may need an opioid drug as well. If you do need an opioid, try to use it only when really needed, and not for longer than one week. This will cause constipation.
- Make sure you have enough fiber in your diet.

What can I expect in regards to my bowel movements?

- You should begin to move your bowels again by day 3 after your operation.
 - If you do not, especially if you have taken hydrocodone or oxycodone, start Miralax or Milk of Magnesia to counteract the constipation.
- You may see some bleeding and discharge from the anal area. Unless there is a large amount of bleeding, do not be alarmed.
- Taking frequent sitz baths 3-4 times a day will keep the area clean and will also help ease discomfort.

What activities am I able to do after surgery?

- You may resume normal activities as tolerated, but avoid straining or vigorous exercise.
- Walking and climbing stairs are okay.
- You may drive when you feel comfortable enough and are not taking opioid pain medicine.

When should I call for advice?

Call your doctor if:

- You have a fever greater than 100.5 F for 24 hours.
- You notice foul smelling drainage.
- You have heavy bleeding. A good indication of heavy bleeding is if you soak one pad per hour, you are bleeding too much.
- You have a significant increase in rectal pain or discomfort after the first 3-4 days.
- You have a change in overall health status, including:
 - nausea
 - vomiting
 - chills
 - profuse sweating
 - diarrhea
 - constipation
 - increasing swelling at the surgery site

Post -Op appointments are usually 2-4 weeks after surgery and should already have been made for you. Please call the call center (734) 936-5738 if you need to make or change an appointment.

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Author: Richard Burney, MD

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