

Hemorrhoidectomy Surgery Recovery Instructions

While recovering from your surgery, please observe the following instructions:

- Some oozing of blood from the peri-anal region is normal after surgery. Drainage will be greatest in the first few days and after any bowel movement.
 - a. Use a Kotex type pad or folded gauze sponges over the area to absorb any drainage.
 - b. Please call our offices if you see any bright red bleeding, or have bleeding that does not stop.
- Take pain medication as prescribed, and do not wait until the pain is severe before taking it.
 - a. Ibuprofen 400-600mg every 8 hours may be used in addition to your prescription pain medication if you do not have a history of stomach ulcers or sensitivity to anti-inflammatory medications.
- Advance to a regular diet slowly, as tolerated. Drink six to eight 8oz glasses of water or juice per day. Avoid spicy foods or carbonated beverages.
- Narcotic pain medications can be very constipating.
 - a. Use a stool softener such as **Pericolace** or **Senokot** one to two times per day. They are available over the counter.
 - b. After stopping the narcotic pain medications, you may want to switch to **Citrucel** or **Benefiber**, 1-2 tbs in 8 oz of juice or water 1-2 times per day.
 - c. If you have stopped narcotic pain medications and start to have loose bowel movements, you may discontinue the Pericolace, Senokot, Citrucel or Benefiber if you're taking them.
- Your first bowel movement should occur within a few days after surgery. It may be painful!
 - a. Soak in a warm tub of water after a bowel movement for comfort.
 - b. If you do not have a bowel movement within 4 days after surgery, take 2tbsp of Milk of Magnesia, and 2tbsp of Mineral Oil by mouth. Repeat this combination every 8 hours until you have a bowel movement.
- If you are unable to urinate within 8 hours of surgery, try sitting in a warm tub of water, or standing in a warm shower. If unsuccessful, go to the emergency room of your local hospital for the placement of a temporary urinary catheter.
- You can soak in a warm tub of water several times per day for comfort.
- Increase your activity level as tolerated. Avoid strenuous exercise or straining for a couple of weeks after surgery.
- You may resume driving and return to work when you are no longer taking prescription pain medicine.
- If you haven't yet scheduled your post-operative appointment, please contact our office to arrange one for 7–10 days after your surgery.. Your final pathology report will usually be available for review at that time.