



## BOULDER MEDICAL CENTER, P.C.

### Department of Surgery

Stephen Johs, M.D.  
80 Health Park Dr, Suite 100  
Louisville, CO 80027  
303-666-2632

Christopher Pohlman, M.D.  
4745 Arapahoe, Suite 200  
Boulder, CO 80303  
303-938-4710

### Hemorrhoidectomy

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

1. Some oozing of blood from the peri-anal region is normal after surgery. Use a Kotex type pad or folded gauze sponges over the area to absorb any drainage. Drainage will be greatest in the first few days and after any bowel movement. Any bright red bleeding, or any bleeding that does not stop, should be reported to your Surgeon's office or the on-call surgeon if after-hours (303-440-3000).
2. Take pain medication as prescribed, and do not wait until pain is severe before taking the pain medication. 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.
3. 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.
4. 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. Once off narcotic pain medications, you may want to switch to **Citrucel** or **Benefiber**, 1-2 tbsp in 8 oz of juice or water one to two times per day.
  - c. If you are off narcotic pain medications and start to have loose bowel movements, you may discontinue the Pericolace, Senokot, Citrucel or Benefiber if you're taking them.
5. Your first bowel movement should occur within a few days after surgery. It may be painful! Soak in a warm tub of water after a bowel movement for comfort. 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.
6. 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, report to the BMC Urgent Care Center prior to 7:00pm, or to the ER at BCH or Avista hospital for placement of a temporary catheter.
7. You can soak in a warm tub of water several times per day for comfort.
8. Your activity level may be increased as tolerated. Avoid strenuous exercise or straining for a couple of weeks after surgery.
9. You may resume driving and return to work when you are no longer taking prescription pain medicine.
10. If you have not already scheduled a post-operative appointment, please call our office to schedule this appointment 7-10 days after surgery. Your final pathology report will usually be available for review at that time.

WS.Surg.16 03/17

2750 Broadway  
Boulder, CO 80304  
303.440.3000

4745 Arapahoe, Suite 200  
Boulder, CO 80303  
303.938.4700

80 Health Park Dr, Suite 100  
Louisville, CO 80027  
303.673.0448