

HEMORRHOIDECTOMY SURGERY AFTERCARE INSTRUCTIONS

Hemorrhoidectomy surgery can be **very painful**. The average recovery time is 2-6 weeks. Following the care plan below can help you heal more quickly and provide pain management strategies.

Items to Purchase Before Surgery (over the counter):

Colace (docusate) 100 mg. (NOT Peri-Colace, which is a stimulant)

- MiraLax
- Advil 200 mg.
- RectiCare Cream /Lidocaine Cream
- Fragrance Free/ Alcohol Free Baby Wipes
- Sanitary Pads
- Flexible Ice Pack

What to Expect After Surgery:

- You may experience some nausea, vomiting, or dizziness. These symptoms should resolve by the next day.
- You could experience a sore throat due to the general anesthesia. To help manage the symptoms, drink fluids or use lozenges to keep your throat moist. These symptoms typically resolve in 24-48 hours.
- No alcohol or driving for 24 hours after surgery or while you are still on taking narcotic pain medication.

Pain Management:

- Pain Medications and/or a muscle relaxant will be prescribed. Take pain medication on time as directed. Do not wait until pain gets bad to take them.
- If you are allowed to take Ibuprofen (Advil), take 600 mg, every 6 hours as needed, with food or milk.
- Apply ice over the surgical area. We recommend applying ice 20 minutes on, 20 minutes off every hour. Please continue this throughout your recovery.
- Perform sitz baths 5 to 6 times per day. See attached sitz bath information sheet. If unable to perform sitz baths, stand in the shower and let warm water run over the surgical site for 15-20 minutes.
- **If a pain medication refill is needed, please notify the office between the office hours of 8:30 am- 4:00 pm Monday-Friday. Please allow 24 hours for requests to be completed.**

Diet:

- Advance to a regular diet as tolerated. A healthy, well-balanced diet is recommended, including fresh fruits and vegetables, lean proteins, and whole grains. **Stay hydrated by drinking at least 64 oz of water per day.**

Bowel Management:

- **When you arrive home from surgery, begin your bowel regimen:**
 - Colace 100 mg, 1 tablet
 - MiraLax: 1 capful, in 8 oz of water

Continue this bowel regimen **twice a day**, while taking narcotic pain medications, as they are constipating.

- If your stools become loose, stop taking the Colace and MiraLax. Continue to monitor for constipation and resume use of Colace and MiraLax as needed.
- After a bowel movement clean the anal area with non-alcohol baby wipes, instead of toilet paper which can irritate and be painful. **DO NOT** use toilet paper on rectal area while recovering from surgery.
- If you do not have a bowel movement after 3 days and you have tried the above regimens, please call the office at 636-916-7100 for further instructions.

Dressing and Wound Care:

- You may, or may not, notice a packing which was inserted into your rectum during your surgery. It may come out with your first bowel movement, and it is ok to flush down the toilet.
- It is normal to experience some bright red blood immediately following your surgery, as well as over the next couple of weeks as the incision heals. You may also see blood in the toilet bowl when having bowel movements, or when wiping.
- You may have mucous drainage from your rectum, as well. This is a normal occurrence. Wear a sanitary pad in your underwear for control of drainage.
- Keep the wound clean by soaking in a warm water tub/shower (Sitz Bath) 5-6 times a day, and after each bowel movement, for 20 minutes each time. Pat the area dry gently with a clean towel. Keep performing the sitz baths as long as you are having pain in the anal area.

Activity:

- You may sit on a soft pillow for comfort. **DO NOT** sit on a donut ring pillow.
- Rest for the first 24 hours, and when you feel tired.
- Start walking the next day and gradually increase your activity.
- Avoid any heavy lifting or straining for 4 weeks.
- **NO DRIVING** while on narcotic pain medications.
- You may take showers and bathe as usual; pat the anal area dry with a clean, soft towel.
- Avoid straining to have a bowel movement.

Post-op Appointment:

- Please refer to your Hospital Discharge Document for your post-op appointment time. If there is not an appointment listed, please call our office to schedule. Our phone number to schedule: (636)-916-7100, option 2.

When to Call your Doctor.....Office Number (636) 916-7100:

- Inability to urinate within an 8-hour period after surgery, try standing in a warm shower to stimulate your bladder; if you can, urinate in the shower.
 - If you are unable to urinate and the Doctor's office is closed, go to the Emergency Department, as you will need Foley catheter inserted to empty your bladder.
 - If you had a Foley catheter placed in the Emergency Department, please call our office.
- Persistent, heavy bleeding that soaks 2 or more large sanitary pads in 1 hour
- Fever above 101.5 degrees F
- Excessive pain that is not relieved by pain medication, Sitz Baths, or Topical Ice
- Foul Discharge
- After-hours/Weekend/Holiday Exchange Phone Number: 1-833-660-3186

When to seek Emergency Care:

- You have sudden chest pain or shortness of breath
- Heavy, uncontrolled bleeding
- Any time that you think you need Emergency Care