

# Post-hemorrhoidectomy Care



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## **DISCHARGE INSTRUCTIONS FOR HEMORRHOID SURGERY**

Complete recovery from hemorrhoid surgery typically takes about four weeks. Following your hemorrhoidectomy, you will experience pain or discomfort in your rectal area. You may also experience constipation, difficulty urinating, and possibly some rectal bleeding. The following are some general guidelines for proper care after your procedure.

## **HOME CARE**

The following guidelines should help increase your comfort and healing during recovery. If you have any questions regarding any of the following information, please feel free to contact your doctor.

- A small amount of bleeding is common following rectal surgery. A sanitary napkin or gauze may be worn over the anal opening to keep the underclothing clean. If there is prolonged or profuse bleeding with passage of clots, call the office at once. In some patients a packing will have been placed in the anus at the end of the surgery. This will dissolve and pass with the first bowel movement.
- Difficulty urinating after hemorrhoidectomy is usually due to spasm of the urinary sphincter resulting from pain due to the surgery. Getting the pain under control and relaxing the sphincter usually allows for the urine to pass. Take the pain medication you were prescribed and do warm sitz baths – either in a bath tub or sitz basin. While soaking, attempt to relax the bladder and urinate into the water. If you are unable to urinate in the first eight hours after your surgery, notify the doctor's office. In such case a tube (catheter) will need to be placed into the bladder to help drain the urine. After hours, go to the nearest emergency room or urgent care center. Once you have started to urinate, drink plenty of water.
- You will be given a prescription for pain medication. Follow the directions given by your doctor for taking this medication. To avoid upset stomach, take your pain medication as prescribed with food in your stomach. Take these drugs exactly as directed. If the drugs do not seem to be working, call the office for advice. Some people experience drowsiness, dizziness, light-headedness, or a false sense of well-being after taking opioid analgesics. Do not drive, use machines, or do anything else that might be dangerous until they know how the drug affects them. Nausea and vomiting are common side effects. If these symptoms do not go away after the first few doses, check with the physician who prescribed the medicine. Side effects may include: dizziness, light-headedness, nausea, sedation, vomiting, if these side effects occur, it may help if you lie down after taking the medication.
- Avoid strenuous activity for one - two weeks after your procedure.
- Ask someone to drive you to appointments until you are able to sit and move comfortably.

- Take sitz baths (sit for 15-20 minutes in warm water) at least three times a day and after each bowel movement.
- Don't worry if you have some bleeding, discharge, or itching during your recovery. This is normal.
- Avoid constipation.

## **TIPS FOR AVOIDING CONSTIPATION**

- Take Benefiber or other psyllium product (Metamucil, Citrucel, Konsyl, etc) one teaspoon twice a day. Take a stool softener such as Colace or Surfak twice a day as well.
- Miralax powder daily helps to keep bowels moving well.
- If you have not had a bowel movement by the morning of the fourth day following surgery, drink one bottle of citrate of magnesium, which can be purchased at any pharmacy. Following the first bowel movement, you should have a bowel movement at least every other day. If two days pass without a bowel movement, 30mL (two tablespoons) of milk of magnesia. Repeat in six hours if no result.