

## **Postoperative Instructions--Hemorrhoidectomy**

### **After the Procedure:**

- Following the procedure, you may experience some pain. We will provide you with a prescription for pain medication such as Vicodin<sup>®</sup> or Tylenol #3<sup>®</sup> to be taken as needed for pain every 6 hours. Keep in mind that both of these analgesics tend to cause constipation- so take them sparingly.
- It is important to take what we prescribe and that you not take aspirin or aspirin containing products due to the risk of bleeding from aspirin.
- You may experience a small amount of bleeding, especially after bowel movements for the first 3-7 days after hemorrhoidectomy. Some bleeding is normal and should gradually decrease after the first few days.
- You can apply cool packs to the anal area to help reduce swelling and pain for a day or two after your operation. **DO NOT APPLY ICE DIRECTLY TO YOUR SKIN.**
- Sitz baths or frequent soaks in warm water may help relieve pain and facilitate hygiene as well.
- Avoid heavy lifting or vigorous exercise for a minimum of 10 days after surgery.
- It is important to keep the area clean. Tucks Pads<sup>®</sup> (available at the drug or grocery store) may be used after bowel movements. Do not use baby wipes since they frequently have perfumes that can irritate the area.
- Do not drive a motor vehicle or operate heavy machinery while taking medications that contain narcotics.

### **Complications to watch out for:**

- Pain, bleeding and an inability to urinate (urinary retention) are the most common side effects of hemorrhoidectomy.
- Profuse bleeding requiring surgical treatment is another potential rare complication.
- Collection of blood (hematoma) in the surgical area is uncommon but bruising in the area occurs frequently.
- Serious infection of the surgical area is also rare. Symptoms of this complication include fever and/or chills accompanied by and an inability to urinate (urinary retention).
- Trapped stool in the rectum canal (fecal impaction)
- Should symptoms of any of these serious complications occur, please contact us at our office immediately at 312-649-6562.

### **Keep in mind...**

- You can resume a regular diet after the procedure. The long term success of hemorrhoidectomy is largely dependent on you and your ability to make changes in your dietary intake of fiber- i.e. maintaining 25-30 grams of fiber per day. This modification will make passing stools easier and avoid recurrent hemorrhoids in the future. It is important to increase your fiber intake- either through supplements such as Metamucil<sup>®</sup> or Citrucel<sup>®</sup> or with dietary modifications such as bran cereals, lima beans etc. You should ensure that your stool is soft and passes easily. You should avoid straining and/or constipation.