



# Hemorrhoidectomy After Care

## Diet

- Start with clear liquids today to prevent nausea, vomiting, and constipation, (soup, Jell-O, juices, popsicles, carbonated beverages.) Drink plenty of water (at least 8 large glasses a day.)
- Advance to regular diet tomorrow. Eat lots of whole grains, green leafy vegetables, and fruits.
- Avoid foods that cause constipation such as dairy products, red meat, processed foods such as pizza, frozen dinners, pasta, and sugar products such as cakes, pies, pastries, doughnuts and drinks containing caffeine.

## Medication

- If antibiotics were ordered, take all of the pills as directed on the bottle.
- Take stool softeners as prescribed.
- Take pain medication with food (i.e. crackers or toast) as ordered by your doctor.

## Activity

- Rest for the next 24 hours and then resume your normal activities as tolerated.
- Avoid any heavy lifting or straining for at least 5-7 days

## Dressing

- Keep your dressing on until tomorrow then you may remove it.
- Wear soft gauze or sanitary napkin in underwear for drainage control.
- Change pad frequently.

## Bathing

- Shower tomorrow

## What to Expect

- Some discomfort depending on the type of surgery, but this should not be excessive.
- Small to moderate amounts of drainage.
- The tissue between the surgical incisions frequently swells up until the wounds are nearly healed.
- You may have gas cramps and/or muscle spasms today. While this is uncomfortable, it is normal.
- To have some nausea, vomiting or dizziness today but this should not persist until tomorrow.
- To be sleepy during the day, but not excessively so.
- To have a sore throat, if you had a general anesthetic.
- Bowel movement irregularity is expected with pain medication. Take stool softener for constipation as ordered.
- Some patients may have some leakage of soft or liquid stools but this is temporary and will be improved with doing Kegel exercises.



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## Miscellaneous

- No alcohol or driving for 24 hours after surgery or while taking pain medicine.
- Do not make any personal or business decisions for 24 hours after surgery.
- You should have a responsible adult with you for the rest of the day and night.

## Special Instructions

- Sitz baths 3 times a day and after each bowel movement. (Sitz bath is 6-8 inches of clean, warm water in bathtub and sit for 20 minutes with your knees against chest.)
- It is important that you perform Kegel exercises while doing Sitz baths. This involves contracting the anorectal muscles and holding for 5 seconds. Repeat this maneuver for at least 3-5 minutes.
- Do not fear bowel movements. Postponing them will your harden stool.
- Avoid straining with bowel movements.
- Avoid enemas or suppositories or anything inserted into your rectum for at least 5 days.

## Possible Problems

Call your doctor if you have:

- Excessive pain (pain medication may not completely eliminate discomfort).
- Excessive swelling and/or bleeding.
- Temperature above 101.5<sup>0</sup> degrees F.
- Inability to urinate within an 8 hour period after surgery.
- Incision area is red, inflamed, and hot to the touch.

To help prevent future problems:

- Eat high fiber foods
- Drink plenty of water.
- Get moderate exercise.
- Develop good bowel habits.
- Avoid foods that cause constipation.

## Telephone numbers to call with Problems or Questions

Surgery Clinic: Department 286

Mon – Fri, 8:30 a.m. to 5 p.m.

(408) 851-2000



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## Telephone numbers to call with Problems or Questions

### Medical Offices Call Center

Mon – Fri, After Business Hours, Weekends and Holidays  
(408) 554-9800

### Emergency Department

Open 24 hours  
(408) 851-5300

### Anesthesia Service Line

Open 24 hours; your call will be returned within one business day.  
(408) 851-6020

## Follow-up Appointment

Name:

Place:

Date:

Time:

Return to Work:

Medical Provider: