

## NEWTON-WELLESLEY SURGEONS, INC.

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### Postoperative Hemorrhoidectomy Information

**Surgery** You have just had a procedure to remove one or more hemorrhoids. This procedure involves incising the enlarged blood vessels which make up each hemorrhoid. A small packing is sometimes left in the wound and will fall out after the first bowel movement.

**Pain** Upon discharge from the hospital, you will be given a prescription for pain medication. Because pain medication can be constipating, be sure to drink lots of fluids and eat plenty of fruits and vegetables. It is also important to take a stool softener such as Colace, Metamucil, or Citrucel once or twice a day for the first month after surgery. If you are unable to have a bowel movement following surgery, a mild laxative such as Milk of Magnesia may be used. Being up and about after surgery is also helpful in regulating bowel function.

**Wound** If you have a packing it will fall out after your first bowel movement. If it does not, pull on the yellow rubber after your first sitz bath (see bathing below). It is not unusual to have some bleeding or spotting from the surgical site for several days after surgery. This should slowly get better and resolve on its own. If you have any concerns please call the office. If you become lightheaded, dizzy, or begin to bleed briskly, go directly to an emergency room or call an ambulance.

**Bathing** It is safe to shower immediately after surgery. However we recommend that you soak the wound in a sitz bath twice a day for at least 20 minutes. You should do this for the first two to three weeks after surgery. This helps both with pain control and promotes healing.

**Activity** You may resume your normal activities, including work, within several days following surgery. Certain activities, such as lifting or reaching may cause some local discomfort to the incision area. This too will resolve given time.

**Precautions** If you have a fever, unexpected pain, redness or increased discharge from the incision, please contact the office and speak with the nurse.

**Follow-up** If you do not have an appointment, call the office after your discharge from the hospital to set up your postoperative exam about 2 week after surgery.

**If you have any questions concerning your recovery, please do not hesitate to call my office.**