

## NEWTON-WELLESLEY SURGEONS, INC.

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### HEMORRHOID CARE INSTRUCTIONS

- Soak your buttocks in Epsom Salt sitz bath at least twice daily. Put a palm full of epsom salt in warm water and soak for 10-15 minutes. Epsom salt and sitz baths can be found at any local pharmacy.
  
  - It is important to increase the fiber in your diet so that your bowel movements will be easier to pass. Things like bran cereals, whole grain breads, fruits, vegetables, salads and oatmeal are excellent sources of fiber. Alternately you can use Metamucil, Citrucel or Benefiber.
  
  - Observe the “two minute rule”. Only sit on the toilet for a maximum of two minutes at a time. That means waiting until you are truly “ready to go” before you sit on the toilet. Also, do not bring anything to read with you into the bathroom as it lends itself to spending too much time on the toilet.
  
  - You May use a DAB of Anamantle, Analpram or Anusol on the outside of your rectum after bowel movements, no more than the size of a pearl. Preventing hemorrhoids is the most effective way of treating the problem. Make a high fiber and high water diet a part of your life style. It, also, would be helpful to avoid the following:
    - Excessive squatting/sitting
    - Pain killers and medications that bind you up
    - Straining (pushing too hard) with bowel movements
    - Sitting too long on the toilet (no more than two minutes)
- Call us with any problems especially if you feel no better in a couple of days as these problems can be persistent and even “pop out” in other areas of the rectum.