

# What to expect after a Hemorrhoidectomy

## **Dressing and Wound Care:**

- You may notice a packing which was inserted into your rectum during your surgery. It may come out with your first bowel movement.
- It is normal to experience some bright red blood immediately following your surgery, as well as the next couple of weeks as you heal. You may also see blood in the toilet bowl or on your toilet tissue. You may have drainage from your rectum and bleeding with bowel movements. All of these are normal occurrences and should continue to improve.
- After a bowel movement clean the anal area with non-alcohol baby wipes or medicated pads such as tucks, or moistened pads instead of toilet paper which can irritate the anus.

## **Activity**

- You may sit on a soft pillow for comfort, but DO NOT sit on a donut ring pillow.
- Start walking the day after surgery and gradually increase your activity.
- Avoid any heavy lifting or straining for 1 week following your procedure.
- NO DRIVING while on narcotic pain medication.
- You may take showers and bathe as usual, but remember to pat the anal area to wash and dry.
- Avoid straining to have a bowel movement.

## **Follow up:**

You will return to our office in 1-2 weeks following your surgery. However, please contact our office with any questions or concerns prior to your scheduled follow-up appointment. We also recommend you be seen by your primary care provider at 2-4 weeks post-operatively.

**The use of narcotic pain medication can make you very constipated. Not drinking enough fluids and insufficiency of fiber in your diet contributes to constipation as well. We do not want you to strain to have a bowel movement.**

- You may apply a numbing medicine before and after bowel movements to relieve pain, such as Derma plast
- On the day you get home from your surgery, start the Colace prescribed. 1 tablet 3 times per day will help soften the stool and assist in preventing constipation
- If you have not experienced a bowel movement 2 days after your hemorrhoidectomy then start Miralax, 1 capful in an 8 ounce glass of water twice daily. If your stool starts to get too loose, you can decrease the dose of Miralax or discontinue it.

**If you still do not have a bowel movement after you have tried both Colace and Miralax, call the office at (580) 255-9797 for further instructions.**

## **Post-op medication:**

Percocet 5-325 mg 1 tablet by mouth every 6 hours as needed x 7 days - analgesia management.  
Adverse effects: Respiratory depression, opioid-induced constipation, lightheadedness, nausea

Ibuprofen 800 mg 1 tablet by mouth every 8 hours as needed x 7 days - analgesia management.  
Adverse effects: GI bleed, upset stomach, Nausea/vomiting

Colace 100 mg 1 capsule by mouth three times daily x 7 days - analgesia management.  
Adverse effects: Bloating/cramping, diarrhea

Miralax 1 capful mixed with 8 oz of water once or twice daily - stool softener.  
Adverse effects: Bloating/cramping, diarrhea

Zofran 4 mg 1 tablet under the tongue every 4 hours as needed x 7 days - anti nausea.  
Adverse effects: Lightheadedness/dizziness, drowsiness, headache, diarrhea

Dermoplast - 1 spray to the affected area as needed every 2 hours - topical pain reliever.  
Adverse effects: Temporary redness and irritation

Lidocaine-Hydrocortisone Cream - 1 applicator as needed every 4 hours - topical pain reliever  
Adverse effects: Temporary redness and irritation