

Hemorrhoid Surgery: *Home instructions*

What is hemorrhoid surgery?

Hemorrhoid [HEM-uh-roid] surgery is a procedure to remove the large, swollen veins on the inside or outside of the anus (the opening where stool comes out).

What can I expect after the procedure?

It is normal to have some bleeding, discharge, or itching for a short time after surgery.

Medicine

Take your pain medicines exactly as ordered by your doctor. Pain medicines can cause constipation and this will increase your pain. Only use your pain medicine when it's really needed.

- **If you are constipated**, use a mild laxative.
- **If you are not constipated but your stools are hard**, use a stool softener. This will soften stools without producing diarrhea. Drinking extra fluids may also help.

Use pads and suppositories to help relieve symptoms.

- Apply **pads** to the hemorrhoid to help reduce pain and itching, and speed healing. Ask your doctor for a recommendation on which pads are best for your situation.
- **Suppositories** can be safely used during recovery, but should not be used for a long period of time. Ask your doctor about how long you should use a suppository.



When should I call my doctor?

Call your doctor right away if you have any of these symptoms:

- You have chills or a fever above 101°F.
- You have a large amount of bleeding from the rectum (more than 1 cup of blood in 24 hours).
- You have trouble urinating (peeing).
- You haven't had a bowel movement for 48 hours (2 days).
- The pain in your rectum is getting worse.
- You have a reaction to your pain medicine.

Activity

- **Do not drive while taking pain medicines.** Arrange for someone to drive you to appointments.
- **Do not do any heavy lifting or strenuous activity for 1 to 2 weeks after surgery.**
- **Take a bath to help relieve discomfort.** Fill the tub with only 3–6 inches of warm water and soak for 10 to 20 minutes a few times each day or when needed. This is called a **sitz bath**.
- **Apply ice packs to the anal area to help reduce swelling and pain.** Never put ice directly on the skin.
- **Avoid straining when going to the bathroom.** This will cause more swelling and pain.

Call your doctor if your symptoms don't improve after trying the suggestions listed above.

Diet

- **Eat foods high in fiber**, including fruits, vegetables, and whole grains. These foods will help soften your stool and make it easier to pass.
- **Keep well hydrated by drinking plenty of fluids.** Water makes your stool softer and easier to pass.

When do I need to see the doctor again?

You will have a follow-up visit with the doctor a few weeks after surgery. During this visit, the doctor will check how well you're healing.



My follow-up appointment

Date/Time: _____
Place: _____
Doctor: _____

How do I keep hemorrhoids from coming back?

You can stay healthy and avoid getting more hemorrhoids by:

- Eating more fruits, vegetables, and whole grains.
- Using a mild fiber supplement to help keep your stool soft and regular.
- Drinking a lot of water.
- Getting regular exercise. This will help you control your weight, prevent or reduce constipation, and increase muscle tone.
- Avoiding long periods of standing or sitting. If you must, take a break every hour or so to relieve the pressure.
- Losing weight. Extra weight puts more pressure on the veins of your rectum and anus.



Questions for my doctor

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