

## POST OPERATIVE INSTRUCTIONS FOR HEMORRHOIDECTOMY

- A bland diet is recommended the day of surgery. Advance as tolerated.
- Constipation is to be expected while on narcotic pain medication. Most patients do not have their first bowel movement for several days (up to 3 days) after surgery. While taking narcotics you should utilize over the counter stool softeners such as Colace or docusate. Fiber supplementation with Metamucil or Citrucel is also recommended. For severe constipation, milk of magnesia or a Fleets enema can be helpful. Do not use the enema if you have chronic kidney disease or renal failure.
- Pain is to be expected after surgery. Make sure to utilize the prescribed medication as recommended. If no sensitivity to anti-inflammatory medications or ulcer history exists, Ibuprofen (400-600mg) every 6-8 hours is an excellent alternative in addition to or as a substitute to narcotics.
- Nausea is a common complaint post op. This can be associated with narcotic pain medications, general anesthesia, as well as with severe constipation. Try to minimize your narcotic pain medications as soon as able. If vomiting, fevers, or chills, please call the office immediately.
- Rectal bleeding or drainage is normal after anal surgery. Utilize a sanitary napkin to collect any discharge. If the pad becomes soaked with bright red blood or if you experience fevers or chills please call the office.
- Urinary retention is a common problem after hemorrhoid surgery. If you are unable to urinate within 8 hours after surgery or if you feel uncomfortable prior, please call the office.
- Driving may be resumed when off all narcotic pain medications and you can turn or twist your body without hesitation.
- Frequent tube soaks or warm showers are often soothing. After bowel movements you may want to take a sitz bath. Avoid soap as it may cause added rectal irritation.
- Activity limitations include no lifting more than 30 pounds for two weeks after surgery.
- Schedule a post-operative visit for 10-14 days after surgery if one has not been arranged before surgery. Please call the office at 303-498-2260 to schedule.