

Postoperative instructions

Hemorrhoidectomy

Please follow your surgeon's instructions if they differ from the following statements.

Your return home

- Keep your dressing in place for 24 hours. Afterwards you may use a sanitary pad in your underwear.
- You will most likely experience discharges with possibility of a small amount of blood for 10 to 14 days.



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Diet:

- You may resume your normal diet when you get home.
- Increase your liquid and fibre intake to prevent constipation.

Physical activities

- Limit your physical for 1 week following your surgery.
- No driving if you are taking narcotics for pain control. It is going to be difficult to sit for long periods of time in the first week after your surgery.

Pain control and constipation prevention

- You may experience significant pain for the first seven to ten days. If so, take your prescribed medications regularly or take Tylenol™ as per the directions on the bottle
- Take baths in lukewarm water as needed.
- Drink prune juice and/or take Metamucil™ if you feel constipated. If this is not effective, take one tablespoon of Milk of Magnesia daily or PEG 3350 (polyethylene glycol) such as Restoralax, Lax-a-day or Clearlax until you start having regular bowel movements.

Side effects

- You may see blood on the toilet paper and in the toilet bowl after bowel movements for two weeks following the surgery. You may use a moist towel after bowel movements. These should not contain perfumes or alcohol.

Call your doctor or visit your nearest Emergency Department if you:

- peri-rectal discharge (coming from the anal region) with foul odour;
- have constipation seven days after surgery, despite measures taken to prevent it;
- are passing blood clots or blood is dripping continuously when you go to toilet.

Note: It is common for women's menstrual cycle to be irregular in the weeks following general anaesthesia.

To book your appointment, call your surgeon's office.

The office information was given with your discharge instructions

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