

Postoperative instructions

Hemorrhoidectomy

Your return home

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

Diet:

- Increase your liquid and fibre intake to prevent constipation.

Physical activities

- Physical activities following your capacities and/or your doctor's orders.
- No driving for one week after your surgery, or longer if you are taking pain medication.

Pain control and constipation prevention

- You may experience severe pain for the first seven to ten days. If then, take your prescribed medications regularly or take Tylenol™ and Advil™.

- Take sits baths (lukewarm water, no salt) three to four times a day and after each bowel movement, for 10 to 15 minutes.

- Drink prune juice and/or take Metamucil™.

If this is not effective, take one tablespoon of Milk of Magnesia daily until you start having regular bowel movements.

- You may see blood on the toilet paper 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:

- have peri-rectal discharge 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.

Next appointment:

Date:

Time:

Physician:



To reach the Ambulatory Clinic:

1st level, D wing, room 106

Telephone: 613-746-4621 ext. 4307

Please call on the day following your surgery to book your appointment.

Notify 24 hours in advance for cancellations.

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