



## Postoperative Instructions after HEMORRHOID SURGERY

- Call the office at (602) 995-0822 to make a postoperative appointment or for any questions.
- Eat light meals after your surgery, including comfort foods. Gradually resume a regular diet
- Keep the dressing placed at the time of surgery on for 4-6 hours after your operation. You may have small amounts of drainage for weeks after surgery; keep fluffed gauze in the anal cleft next to the anus and change as needed to keep dry, until the drainage stops.
- Swelling increases pain. Steps to minimize swelling:
  - Keep your anal region elevated and ice to the area as much as possible during the first 72 hrs after the operation by lying on your side or stomach. Avoid the “recliner chair” position.
  - Keep ice to the area over the first 72 hours. A frozen hot dog in a plastic bag or bags of frozen peas conform well to the shape of the area and make excellent “ice bags”. Do not eat these items after use.
- Bleeding may occur in amounts that mimic a woman’s mild to medium period for several days after surgery. If the bleeding is heavier or coming out with clots, head to the emergency room ASAP.
- Hot baths are soothing and may help decrease pain. They can also help with cleansing after bowel movement. Take the bath in hot water for ten minutes every 2-3 hours
- Anorectal surgery is generally very painful
  - Take Percocet or the alternative narcotic every 4-6 hrs for pain
  - Take over-the-counter ibuprofen 600mg every 8 hrs for three days
  - Apply the numbing ointment, if supplied, to the surgical site every 4 hrs as needed for pain
- Constipation increases your pain. Avoid constipation
  - Take Colace 100mg by mouth 2 times per day
  - Take a fiber supplement 1 scoop 2 times per day with plenty of liquids
  - If no BM by 3<sup>rd</sup> day, discontinue Colace and start Miralax 17g daily as directed on bottle
  - If diarrhea, stop Colace or Miralax.
- You must urinate with 8 hrs of surgery. If you are unable to urinate, call the office.
- Do not lift over 15 pounds for 2 weeks after surgery
- Do not take aspirin, Vitamin E, Fish oil, Coumadin or other blood thinners for 2 weeks after surgery, unless otherwise advised.
- Do not drive or drink alcohol while taking narcotics.
- Do not leave the valley for 14 days after surgery.

Based on the FDA narcotic reclassification, we can no longer call in ANY narcotic pain medications. Plan accordingly; to obtain a refill you must call the office during business hours on weekdays and allow 24hrs for the paper prescription to be filled out. The after-hours and on-call surgeon cannot provide you with a narcotic prescription.