

Post-Operative Discharge Instructions for Hemorrhoidectomy

***Please be sure to schedule your post-op appointment with Dr. Teslow:**

Date: _____ Time: _____

Activity:

- **Frequent tub soaks can be soothing. You may want to wash in warm water after a bowel movement. Avoid soap as it may irritate the area.**
- **If frequent tub soaks are inconvenient, a sitz bath can be purchased.**
- Pat the area dry after showering or soaking in the tub.
- Avoid trauma to the incision site.
- No strenuous activity or heavy lifting for at least one week after surgery.
- Sex after surgery should not be strenuous and should be avoided for the first week following surgery.

Diet:

- **It is important to keep stools soft. Take fiber supplements (i.e. Metamucil, Citrucel) and/or stool softeners (i.e. Milk of Magnesia, Miralax) as needed to keep stools soft.**
- Eat soft foods that are easy to digest; they will settle in your stomach better.
- Drink six to eight 8 oz. glasses of water each day.

Normal things to expect:

- Some rectal bleeding is normal. A sanitary napkin may be helpful in the first several days after surgery.
- Pain and swelling is expected. Ice the area. It is recommended that you fill a latex glove with water and freeze it. Break the 'fingers' off and place against incision site.
- **This is a painful procedure! Take pain medication according to directions to help with pain. However, narcotic pain medications frequently cause constipation and nausea. Supplement your regimen with Ibuprofen (if no sensitivity to anti-inflammatory medications or ulcer history exists), and try to get off narcotics as soon as possible. Vicodin and Percocet contain Tylenol; do not take additional Tylenol while using these.**
- **Apply topical lidocaine gel if prescribed and as needed, especially before a bowel movement.**

Call Dr. Teslow's office or go to the ER if you have:

- Increased bleeding from your incision (i.e. the sanitary napkin gets soaked)
- Pain not controlled by your pain medication
- Increased redness or wound is hot to the touch
- Fever above 101 °F
- Inability to urinate

Follow-up:

- Call to schedule a post-op appointment (907-457-7874), if not already scheduled for one.
- In case of an emergency, call Dr. Teslow's office and/or go to the emergency room.