

Post Operative Instructions

Hemorrhoids Surgery

We thank you for the opportunity to serve you with excellence

- Take medications as prescribed by the surgeon.
- Take a sitz bath (sit in warm water) for 15 minutes 4-6 times a day and after bowel movement or when having pain.
- You may shower and resume your regular activities. No strenuous exercise.
- Include a lot of fiber and plenty of liquids (water) in your diet to help avoid constipation.
- **Pain and some bleeding around rectal area or with bowel movement is normal. Do not touch the area.**
- Remove dressing after 24 hours after surgery. Gently place new dressing as needed.
- If prescribed pain medication, take stool softener (Colace) for as long as you take the pain meds
- Watch for signs of infection:
 - Increased redness or swelling
 - Increased pain
 - Purulent (thick yellowish drainage) drainage from the incision
 - Fever
 - Red streaks from incision

If you experience any problems call your patient care contact number or go to the emergency room.