



## ***Post-Op Haemorrhoidectomy Instructions***

After you have haemorrhoids removed, your anal area will be painful or ache for 2 to 4 weeks; and you may need pain medicine. It is common to have some light bleeding and clear or yellow fluids from your anus. This is most likely when you have a bowel movement. These symptoms may last for 1 to 2 months after surgery.

After 1 to 2 weeks, you should be able to do most of your normal activities, but don't do things that require a lot of effort. It is important to avoid heavy lifting and straining with bowel movements while you recover.

*Each person recovers at a different pace.* Follow the steps below to get better as quickly as possible.

### **Activity**

- Rest when you feel tired.
- Be active. Walking is a good choice.
- Allow your body to heal. Don't move quickly or lift anything heavy until you are feeling better.
- You may take showers and baths as usual. Pat your anal area dry when you are done.
- You will probably need to take 1 to 2 weeks off work. It depends on the type of work you do and how you feel

### **Diet**

- Follow your doctor's instructions about eating after surgery.
- Start adding high-fibre foods to your diet 2 or 3 days after your surgery. This will make bowel movements easier and it lowers the chance that you will get haemorrhoids again.
- If your bowel movements are not regular right after surgery, try to avoid constipation and straining. Drink plenty of water. Your doctor may suggest fibre, a stool softener, or a mild laxative.

### **Medications**

- Your doctor will tell you if and when you can restart your medicines. He or she will also give you instructions about taking any new medicines.
- If you take blood thinners, such as Warfarin or aspirin, be sure to talk to your doctor. He or she will tell you if and when to start taking those medicines again. Make sure that you understand exactly what your doctor wants you to do.
  - If the doctor gave you a prescription medicine for pain, take it as prescribed.
- If your doctor prescribed antibiotics, take them as directed.
- You may apply numbing medicines before and after bowel movements to relieve pain.

### **Other instructions**

- Avoid sitting on the toilet for long periods of time or straining during bowel movements.
- Wash, don't wipe, after every stool or twice daily.

**Call your doctor now** or seek immediate medical care if:

- You have signs of infection, such as:
  - Increased pain, swelling, warmth, or redness.
  - Red streaks leading from the area.
  - Pus draining from the area.
  - A fever.
- You have pain that does not get better after you take your pain medicine.
- You are sick to your stomach or cannot keep fluids down.
- You have signs of a blood clot in your leg (called a deep vein thrombosis), such as:
  - Pain in your calf, back of the knee, thigh, or groin.
  - Redness and swelling in your leg or groin.
- You cannot pass stools or gas.
- Excessive bleeding

**Follow-up appointments are not required unless something seems wrong or if you are concerned about anything. If that is the case please feel free to contact the rooms for an appointment.**