



James P. Nealon, MD, FACS

Liska L. Havel, MD, MPH

Hemorrhoidectomy Instructions

Legacy Silverton Hospital: _____

Important Reminders:

On the day before surgery, eat a light, non-greasy breakfast and lunch. After, you will need to **ONLY DRINK CLEAR LIQUIDS** up until midnight. Nothing to eat or drink after midnight.

Instructions:

- Take Colace (docusate sodium)
- Follow the Miralax Colonoscopy prep instructions that are given. You will do the Miralax prep the day before your surgery.
- You will be administered a rectal enema on the morning of your surgery at the hospital.
- You will also be given Flagyl (500mg Metronidazole) after surgery.

On the day of your surgery, wear comfortable, loose-fitting clothes and avoid wearing makeup or nail polish. Leave all valuables, including jewelry at home. Make sure you bring your ID, Insurance card and a list of your medications. Someone will need to drive you home when you are discharged, so either plan for the person to accompany you to your surgery or to be on stand-by for your discharge.

What to expect after Surgery:

- A nurse will monitor your vital signs in the recovery room as you slowly wake up from general anesthesia or the sedative.
- Since urinary retention is a potential complication of hemorrhoid surgery, you may be asked to urinate before being approved to go home (if a same-day surgery)

Recovery can take anywhere from 1-6 weeks, depending on the type and extent of your surgery.

As you recover at home or in the hospital, expect to experience pain and a sensation of anal fullness or tightness for the first week or so.

To ease your pain, your surgeon will advise the following:

- Take your pain medication as prescribed. An opioid or valium may be given for more significant pain. (although, opioids can cause constipation).
- Apply an ice pack, a bag of frozen peas, or a zipper bag filled with ice wrapped in a thin towel to your bottom.
- Take sitz baths for 15 to 20 minutes, three to four times per day.
- Drink at least eight glasses of water a day and take stool softeners as advised. Both can help you avoid constipation and worsening pain.
- Take antibiotics as prescribed until completed.



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You can expect to have a bowel movement by the third day after your surgery.

It's important to follow up with your surgeon as advised. During these appointments, your surgeon will check your wound site, monitor for complications, assess your pain, and remove any sutures (if applicable)

Wound Care:

- Mild bleeding and a yellow-red discharge from the anal area are common after surgery. Both may increase with bowel movements and activity.
- Your surgeon will advise you to wear pads to monitor the drainage and to avoid soiling your underwear and pants.
- You may also have gauze dressing over your anal wound or some sort of packing in your anal area.
- You can shower the day after surgery. That said, you will want to avoid submerging your wound in a soapy bath for one week (Sitz baths are OK).
- If you have any stitches, they will dissolve around 10 to 14 days after surgery.
- Avoid wearing thong underwear until the area has healed.
- If you have any fever, chills, drainage or incision is hot to the touch, please call the office and speak with a Medical Assistant.

If you have any questions or concerns, please don't hesitate to contact our clinic at (503) 874-0574.