



## HEMORRHOIDECTOMY DISCHARGE INSTRUCTIONS

1. Please call (804) 249-2465 for a follow-up appointment in \_\_\_\_\_.
2. You may take over-the-counter Tylenol (acetaminophen) or Motrin (ibuprofen) for pain.
3. Take new prescriptions, including any for breakthrough pain, as directed.  
**NO DRIVING WHILE TAKING PRESCRIPTION PAIN MEDICATIONS.**
4. If you take blood thinners, clarify with your physician before resuming.
5. Avoid constipation by eating high fiber, well-balanced meals; drinking plenty of fluids; and taking over-the-counter Miralax (17g or 1 capful) daily.
6. Expect slight bright red blood up to 4 weeks after surgery. You can wear a pad in your undergarments to prevent staining if needed.
7. Stitches are the dissolving type (they do not need removal in the office).
8. Take 2-4 warm sitz baths daily for 15-20 min (including after any bowel movement).
9. As needed, you may apply Nupercainal Ointment (does not need a prescription) to the anal area after sitz baths and place dry 4x4 gauze over the area between the buttocks.
10. For some patients, a gelfoam packing will come out of the rectum with the first bowel movement or during your sitz bath.
11. Avoid using donut seats. Avoid sitting on the toilet for more than 5 min at a time. Avoid straining on the toilet.
12. If you experience difficulty urinating, sit in a warm bath to assist. If you are still retaining urine for more than 8 hrs, you may need to go to the ER to have a catheter placed and return home. If this happens, please call the office to inform your doctor in the morning.
13. No heavy lifting until after your follow-up appointment.
14. You may walk and use stairs as desired.
15. There is a surgeon on-call 24/7 to discuss new, urgent concerns. (804) 249-2465.