POST OPERATIVE INSTRUCTIONS FOR HEMORRHOIDECTOMY

- A MILD DIET THE DAY OF SURGERY IS RECOMMENDED. ADVANCE YOUR DIET AS TOLERATED.

- CONSTIPATION IS TO BE EXPECTED WHILE ON NARCOTIC PAIN MEDICATIONS. MOST PATIENTS DO NOT HAVE THEIR FIRST BOWEL MOVEMENT UNTIL AT LEAST 3 DAYS AFTER SURGERY. THIS IS OFTEN PAINFUL. WHILE UTILIZING NARCOTICS, YOU SHOULD REMAIN ON AN OVER THE COUNTER STOOL SOFTENER SUCH AS COLACE OR DUCOSATE (ONE TABLET TWICE DAILY). FIBER SUPPLEMENTATION WITH METAUMUCIL OR CITRUCEL (1 TABLESPOON WITH 8OZ WATER) IS ALSO RECOMMENDED DAILY. FOR SEVERE CONSTIPATION, MILK OF MAGNESIA (30 ML) CAN BE HELPFUL TAKEN UP TO TWICE DAILY.

- PAIN IS TO BE EXPECTED AFTER HEMORRHOID SURGERY. MAKE SURE TO UTILIZE THE PRESCRIBED NARCOTIC PAIN MEDICATIONS AS RECOMMENDED. DO NOT GET BEHIND ON YOUR PAIN MEDICATIONS. CATCHING UP IS OFTEN DIFFICULT. IF NO SENSITIVITY TO ANTI-INFLAMMATORY MEDICATIONS OR ULCER HISTORY EXISTS, IBUPROFEN (400-600MG) EVERY 6-8 HOURS IS AN EXCELLENT ALTERNATIVE IN ADDITION TO OR AS A SUBSTITUTE TO YOUR NARCOTIC.

- RECTAL BLEEDING OR DRAINAGE IS NORMAL AFTER HEMORRHOID SURGERY. UTILIZE A SANITARY NAPKIN TO COLLECT ANY DISCHARGE. IF THE PAD BECOMES SOAKED WITH BRIGHT RED BLOOD OR IF YOU EXPERIENCE FEVERS OR CHILLS, PLEASE CALL THE OFFICE AT 303.449.3642.

- NAUSEA IS A COMMON COMPLAINT POST OP. THIS CAN BE ASSOCIATED WITH NARCOTIC PAIN MEDICATIONS, GENERAL ANESTHESIA, AS WELL AS WITH SEVERE CONSTIPATION. TRY TO MINIMIZE YOUR NARCOTIC PAIN MEDICATIONS AS SOON AS ABLE. IF VOMITING, FEVERS OR CHILLS OCCUR, PLEASE CALL THE OFFICE AT 303.449.3642.

- DRIVING MAY BE RESUMED WHEN OFF ALL NARCOTIC PAIN MEDICATIONS AND YOU CAN TURN OR TWIST YOUR BODY WITHOUT HESITATION.

- URINARY RETENTION IS A COMMON PROBLEM AFTER HEMORRHOID SURGERY. IF YOU ARE UNABLE TO URINATE WITHIN 8 HOURS AFTER SURGERY OR IF YOU FEEL UNCOMFORTABLE PRIOR, PLEASE CALL THE OFFICE AT 303.449.3642.

- FREQUENT TUB SOAKS OR WARM SHOWERS ARE OFTEN SOOTHING. AFTER BOWEL MOVEMENTS, YOU MAY WANT TO WASH IN A TUB OR SHOWER WITH WARM WATER. AVOID SOAP TO MINIMIZE ADDED RECTAL IRRITATION.

- NO STRENUOUS ACTIVITY (i.e., RUNNING, JOGGING, SWIMMING OR WEIGHT LIFTING) FOR ONE WEEK AFTER SURGERY.

- SCHEDULE A POST-OPERATIVE VISIT 7-14 DAYS AFTER SURGERY IF ONE HAS NOT BEEN ARRANGED BEFORE SURGERY. PLEASE CALL THE OFFICE AT 303.449.3642.