



### **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 Docusate. Fiber supplementation with Metamucil or Citrucel is also recommended daily. For severe constipation, Miralax, milk of magnesia 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.
- Recommended **pain management** regimen:
  - Meloxicam (If prescribed): 1 tablet daily OR Ibuprofen: 400-600mg every 8hrs as needed.
    - These are anti-inflammatory drugs. **Do not take ibuprofen and meloxicam together.** If you have a sensitivity to anti-inflammatories, history of stomach ulcers, or kidney disease do not take anti-inflammatories.
  - Tylenol: This is over the counter. Take 1000mg 3x/daily as needed. Max of 4000mg/24hrs.
  - Oxycodone (or other prescribed narcotic medication): 1-2 tablets every 4-6 hours as needed for breakthrough pain.
- **Rectal bleeding or drainage** is normal after hemorrhoid surgery. Utilize a sanitary napkin to collect any discharge. If the pad becomes repeatedly 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 use of 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 comfortably 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.