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### Post Operative instructions for Hemorrhoidectomy

**Call and schedule your post-op visit to occur approximately 7-10 days after surgery.**

#### **Wound care:**

- 1) Sitz baths are encouraged several times a day.
- 2) Moistened wipes should be used for gentle cleaning of your rectal area after a bowel movement.
- 3) You may take a bath 24 hours after surgery.
- 4) Do not sit on a donut device as this may increase swelling to the area.
- 5) Pain medication should be used as directed.
- 6) Dressings should be changed as they become wet or soiled. Gauze or sanitary napkins placed in the underwear work well.
- 7) You should start taking a stool softener daily on your first post operative day and drink plenty of fluids. This will aid you in have a comfortable first bowel movement after surgery.

#### **Diet:**

You may advance your diet as tolerated after surgery.

#### **Activity:**

- 1) Normal daily activities are encouraged.
- 2) No driving until you are pain free and no longer using your pain medication.

#### **Constipation:**

- 1) You should have a bowel movement within 3 days of surgery. If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil or a laxative such as Milk of Magnesia as directed on the bottle. Pain medication often causes constipation.

#### **Smoking:**

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increased rate of post operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

#### **Call our office if:**

- 1) You have a temperature of 100.5 degrees or higher.
- 2) You have shortness of breath upon exertion.
- 3) You are unable to urinate within 8 hours of surgery.
- 4) Your pain is not controlled with your pain medication.

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