

Hemorrhoidectomy

If you have received general anesthetic:

- Rest at home following discharge today and resume activity as tolerated tomorrow or as per surgeon's instructions.
- You may have a sore throat for the first 24 hours due to the use of a breathing tube while you were asleep.
- Drink plenty of fluids and use throat lozenges or ice cubes for relieving throat pain.

Follow-up Instructions/ Appointment:

For 24 hours Do Not:

- Drive any type of motorized vehicle
- Ride as a passenger on a motorcycle
- Operate power tools
- Sign legal documents for 24 hours
- Look after dependent persons
- Drink alcohol

We hope your recovery will be comfortable.

**If questions or concerns call
BC Nurse Line: 1 866 215-4700
(604) 215-4700
Hearing Impaired: 1 866 889-4700**

Or contact your physician

**In Emergency:
Call 911 or go to the hospital.**

Post-operative Discharge Instructions

Abbotsford Regional Hospital & MMH



fraserhealth

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The information in this document is intended solely for the person to whom it was given by the health care team

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After Surgery

During the next few days, you will feel some discomfort and may have muscle spasms with bowel movements. You may fear the first bowel movement after surgery, but don't be afraid to push as hard as you usually do. Delaying your first bowel movement only makes it more difficult. Stool softeners, laxatives, bulk agents, and medications may be prescribed to relieve discomfort.

Recovery and Activity

You recover from surgery by being active. The sooner you mobilize, the sooner you will recover to pre-surgery activity. Mild activities help you get your strength back and prevent the problems caused by inactivity. You will need to take it easy for 7 to 10 days. Complete healing takes about 6 to 8 weeks.

Avoiding Constipation

Be sure to include wheat bran, fresh fruit, and plenty of vegetables in your diet. Don't overly rely on laxatives. Drink lots of fluids and stay active without overexerting yourself.

Always avoid straining on the toilet, especially a few days after surgery. You may experience swelling that feels like an incompletely passed stool or a hemorrhoid.

Caring for the Wound

The day after surgery:

- You may remove the bandage.
- Wearing soft gauze pads or sanitary napkins in your underwear helps to control fluid drainage, discharge of mucus, and bleeding.
- Change the pad and underwear frequently.
- Good hygiene promotes healing.
- Do Sitz baths after each bowel movement and at least three times each day. Ask the nurse if you do not know what this is.

What if I have pain?

Your doctor will prescribe pain medication. Take your medication as necessary. If you feel a burning sensation when you have bowel movements, sitz baths may provide relief.

Application of an ice pack wrapped in a light towel every 2-3 hours for 10-15 minutes may help lessen pain.

Lying on your stomach, relieving any pressure off your buttocks for periods at a time may help decrease the swelling and discomfort.

What if I am nauseated?

If you feel sick to your stomach, you may take anti-nausea medication as directed by your medication/bottle instructions, pharmacist or doctor.

Returning to Work

Your doctor can tell you when you are ready to return to work again. You may need to take a few days off if you are moderately active at work or sit for long periods of time – and maybe longer if you are very active on the job.

Preventing Future Discomfort

With continuous self – care, you can prevent future symptoms of hemorrhoids.

- Eat high fibre foods
- Drink plenty of fluids
- Get moderate exercise
- Develop good bowel habits

Follow Up

Be sure to report any new or unusual symptoms to your doctor. Early consultation allows your doctor to evaluate both the progress of your recovery and general health of your colon and anal canal.

Call your doctor if you...

- have severe pain
- have pain uncontrolled by the medication prescribed to you
- have a fever above 38° C (100.4°F)
- have chills
- have continued nausea and vomiting
- have persistent bleeding
- are unable to urinate for more than 8 hours
- have a cough or shortness of breath that does not go away or stop