

Winchester Surgeons

“Putting Patient Care First”

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Instructions after hemorrhoidectomy-anal surgery

Diet: You can eat a regular diet without any restrictions after surgery. On the first day eat small meals and drink plenty of liquids (8-10 glasses). Nausea and vomiting from anesthesia is not uncommon for 24 hours after surgery. Do not take any alcoholic drinks while taking pain killers prescribed by your doctor.

Activity: You can walk during the day to help your body return to normal. You can walk up stairs. Do not lift more than 20-25 pounds for 2-4 weeks from surgery. Do not drive if you are taking narcotics or within 24 hours afterward. Do not return to exercise or strenuous activity until you are seen in follow-up. You can return to work when you feel comfortable, and when you can perform your job safely and at the level you and your employer expect.

Pain and discomfort: You have been given a prescription for a narcotic (Percocet, Darvocet, Tylenol#3, Lortab, Demerol or Dilaudid). Call the office if you experience itching or a rash and stop the medication. If you don't need as much pain medicine, you can take Advil or Tylenol every 4 hours. All narcotics will make you constipated. Drink plenty of liquids. If you don't have a bowel movement for two or three days take 1-2 tablespoons of Milk of Magnesia. Please use your stool softener (Metamucil, Citrucel or Mirelax) and if possible 2 tablespoons of mineral oil a day (for the first week after surgery).

Incisional care: You will experience some swelling at the incision site. You may wear sterile gauze or sanitary napkins in your underwear to help with the drainage. Change them frequently. Please continue your “Sitz baths” since this will help with your discomfort. Sit in a tub or basin with 3 to 4 inches of warm water. You may use Epsom salts in the water. This can be done a few times per day.

Call our office immediately if you have: Temperature over 101.5F, severe bleeding, problems with urination.

Follow up appointment: Please call our office at your convenience to schedule a follow-up visit 7-10 days after your surgery.