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Postoperative Suggestions Following Hemorrhoidectomy

ACTIVITY:

1. Plan to limit your physical activity after the surgery. We suggest that you not operate a motor vehicle or perform any tasks, which require fine physical coordination until the following day.
2. For most people, normal activity can be resumed shortly after surgery. Some patients may feel they fatigue easily for several days after surgery.
3. Avoid any heavy lifting or straining. Do not overexert yourself.

WOUND CARE:

1. You may wear sterile gauze or sanitary napkins in your underwear to help with the drainage. Change them frequently.
2. Sitz baths may help with discomfort. Sit in a tub 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.

PAIN:

1. There may be some pain or discomfort at the operative site. Take your pain medication as the doctor prescribes.

DIET:

1. Resume your normal diet following surgery. It is normal for your appetite to be slightly diminished the remainder of the day of surgery.
2. Your first priority is to avoid constipation. Eat lots of fruit and vegetables, along with whole grain breads. Drink lots of water.

OTHER:

1. Avoid straining on the toilet. You should check with your doctor to see if you should be using a laxative. More often, use bulking agents like Metamucil and stool softeners. Your doctor will give you specific instructions.

FOLLOW-UP CARE:

1. Return to the office as the surgeon requests. Please call for an appointment a day or so after your surgery.