
POST OPERATIVE GUIDELINES: HEMORRHOID / RECTAL SURGERY

1. Avoid any vigorous activity for the remainder of the day of surgery. **REST.** You may return to *relatively* normal activity the next morning **within limits of your discomfort and the use of pain medication.** The use of narcotic pain medication restricts you from operating a vehicle and/or machinery. Follow any additional instructions given to you by your surgeon.
2. Take SITZ baths/warm tub baths. Use a mild soap (e.g. Ivory) with warm bath water. We recommend that you take at least 2 - 3 baths a day for a minimum of 10 minutes each; Bathing each morning and especially after each bowel movement is beneficial for healing and for pain control as it should help soothe and cleanse the area. A shower spray nozzle may aide with rinsing of the area.
3. You may experience some rectal bleeding as well as some rectal drainage for several days following surgery. If passage of a large amount of bright red blood is noted, please contact us. *** **WOMEN:** Please report any unusual vaginal drainage.
4. Use a fiber product (e.g. Metamucil, Citrucel) 1 large tablespoon in juice or water, on a daily basis. Benefiber may also be used, and it may be mixed in any food or drink. It is important that you drink at least 4 - 5 glasses of water per day while taking any fiber product. Consuming fruits and vegetables will also be of benefit. Continue this regime until we see you in the office for further instructions.
5. The majority of your pain should be manageable with over the counter medications. Unless instructed otherwise, use the following pain medication
 - 1 pill of Aleve (naproxen) every 12 hours
 - 2 pills of Tylenol (acetaminophen) every 6 hours
 - A prescription MAY have also been provided to you. Not all patients will need a prescription. If you feel the Tylenol/Aleve mentioned above is not adequately controlling your pain, you may ADD the prescription medication to the Tylenol/Aleve. Because of its side effects, avoid using the prescription medication unless you feel you *truly* need it.
 - For comfort measures, **do not** use an inflatable donut to sit on, as this increases pressure to the area. If you wish, you may sit on a soft pillow.
6. Avoid spicy foods, nuts, and alcohol.
7. **Constipation** is a common complaint after anesthesia. Be sure to use the fiber product, as indicated. If you experience constipation, despite following our recommendations, you may use MIRALAX (polyethylene glycol) - mix as directed. Use 2-3 times per day and then as needed.
8. **Urinary Retention** is another POSSIBLE post-anesthesia issue = if you are unable to empty your bladder, CALL US OR REPORT TO THE EMERGENCY ROOM.

Should you have questions or concerns, please call **586-228-0550**.
One of our physicians is on call 24 hours a day.