

Postprocedure instructions – *Incision of an external thrombosed hemorrhoid:*

Restrictions

- There are no restrictions for your diet or activity (you should maintain a high fiber diet)

Postprocedure Perianal care

- Dry gauze or feminine pad for minor bleeding or drainage
- Soak in a warm tub for 10 minutes, 2-3 times daily or more if desired (soaking in warm tub or showering after a bowel movement can be helpful and more comfortable than wiping.)
- After a bowel movement, wiping with alcohol free, fragrance free baby wipes or a cloth moist with water is sometimes more comfortable than toilet tissue
- Use caution with towels and washcloths as they may become bloody after a shower or a bath

Medications

- If given a prescription, use pain medicine as prescribed. In addition to prescription pain medicine you may take Motrin Advil or ibuprofen up to 600 mg every 6 hours. A combination often gives better pain relief than either by themselves.
- Take a fiber supplement (Benefiber, Metamucil, or equivalent and as directed 2 times per day)
- Colace 100 mg 2 times per day (may use any stool softener with mucus a sodium as the active in gradient)
- Use of milk of Magnesia (or any other laxative) at the first sign of constipation

Call the office if:

- You have worsening pain or increasing the amount of pain medication required
- persistent fever or chills (you may have low-grade fevers on and off for the days following surgery, this is your bodies normal reaction to the procedure)
- If you have deep pelvic pain with fever and chills. (this can indicate a rare but serious complication called pelvic sepsis)
- To make a follow-up appointment for 2-3 weeks after the procedure
- You have any other problems or concerns

Call our office with any questions or concerns
Innovative Surgical Care
774-776-2991