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## **Post-Operative instructions for evacuation of Thrombosed Hemorrhoid in office**

**Call and schedule your post-op visit to occur approximately 7-10 days after surgery.**

### **Wound care:**

- 1) Sitz baths are encouraged several times a day.
- 2) Moistened wipes should be used for gentle cleaning of your rectal area after a bowel movement.
- 3) You may take a bath 24 hours after surgery.
- 4) Do not sit on a donut device as this may increase swelling to the area.
- 5) Pain medication should be used as directed.
- 6) Dressings should be changed as they become wet or soiled. Gauze or sanitary napkins placed in the underwear work well.
- 7) You should start taking a stool softener daily on your first post-operative day and drink plenty of fluids. This will aid you in having a comfortable first bowel movement after surgery.

### **Diet:**

- 1) You may advance your diet as tolerated after surgery.

### **Activity:**

- 1) Normal daily activities are encouraged.
- 2) No driving until you are pain free and no longer using your pain medication.

### **Constipation & Prevention of hemorrhoids:**

You should have a bowel movement within 3 days of surgery. If you are constipated, increase your water intake and use an over-the-counter stool softener such as mineral oil, Colace, Dulcolax or a laxative such as Milk of Magnesia as directed on the bottle. Pain medication often causes constipation.

Avoid constipation and straining by adopting the following measures:

- Drink at least 8-ounce glasses of water or non-caffeinated drinks a day.
- Eat a high fiber diet with the goal of 25 to 35 grams of fiber per day. One of the best sources is a high fiber cereal.
- Take a fiber supplement once a day followed by a full 8 ounce (8oz) glass of water. After one week, you may increase the frequency to a maximum of three times a day as needed for constipation. **Suggestions: Clear and Natural (5g/tsp).**
- Take a stool softener such as Colace each day (no prescription needed).
- Do not sit on the commode for a long length of time. This tends to promote straining. Avoid reading while you are on the commode.

### **Smoking:**

Smoking can cause a multitude of problems for a surgical patient, including the non-healing of a surgical incision and an increased rate of post-operative infection. Please do not smoke for two weeks prior to and two weeks after surgery.

Memorial Hermann Sugar Land Location:	17510 W. Grand Parkway S., Suite 490 · Sugar Land, Texas 77479
Methodist Sugar Land Location:	16651 Southwest Freeway, Suite 360 · Sugar Land, Texas 77479
Memorial Hermann Southwest Location:	7777 Southwest Freeway, Suite 810 · Houston, Texas 77074
Memorial Hermann Katy Location:	23920 Katy Freeway, Suite 410 · Katy, Texas 77494
Memorial Hermann Memorial City Location:	920 Frostwood, Suite 620 · Houston, Texas 77024
Memorial Hermann Cypress:	27700 Northwest Freeway, Suite 330 · Cypress, Texas 77433
St. Joseph Hospital	1315 St. Joseph Pkwy Suite 1708 · Houston, TX 77002
Pearland Kirby Medical Plaza Location:	10970 Shadow Creek Parkway, Suite 220 · Pearland, Texas 77584
Woman's Hospital:	7400 Fannin Dr., Suite 850 · Houston, Texas 77054
Central Business Office:	13811 Murphy Road · Stafford, Texas 77477



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**Call our office if:**

- 1) You have a temperature of 100.5 degrees or higher.
- 2) Your pain is not controlled with your pain medication.
- 3) Minimal bleeding is expected. However, you should report excessive bleeding

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