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Post-Operative instructions for Hemorrhoidectomy

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 have a comfortable first bowel movement after surgery.

Diet:

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:

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.

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.

Call our office if:

- 1) You have a temperature of 100.5 degrees or higher.
- 2) You have shortness of breath upon exertion.
- 3) You are unable to urinate within 8 hours of surgery.
- 4) Your pain is not controlled with your pain medication.
- 5) Minimal bleeding is expected. However you should report excessive bleeding.

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| 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 |
| Central Business Office: | 13811 Murphy Road · Stafford, Texas 77477 |