



POST OPERATIVE INSTRUCTIONS FOR CIRCULAR STAPLED HEMORRHOIDOPEXY SURGERY

Dear Patient,

Congratulations on completing your circular stapled hemorrhoidopexy surgery. To ensure a smooth and successful recovery, please follow these postoperative instructions carefully. If you have any questions or concerns, do not hesitate to contact our office.

Pain Management:

1. Medications:

- i. Take the prescribed pain medications as directed. Do not wait until the pain becomes severe to take your medication.
- ii. Over-the-counter pain relievers such as acetaminophen (Tylenol) may be used as directed by Dr. Kim. Avoid nonsteroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Advil, Motrin) and aspirin unless specifically approved by Dr. Kim.
- iii. If you were prescribed antibiotics, take the full course as directed.

2. Comfort Measures:

- i. Use sitz baths (sitting in warm water) for 15-20 minutes, 2-3 times a day, especially after bowel movements, to help reduce pain and swelling.
- ii. Apply ice packs to the anal area for 15-20 minutes every 2-3 hours for the first 24-48 hours to help reduce swelling and discomfort. Ensure the ice pack is wrapped in a cloth to prevent frostbite.
- iii. Avoid sitting for long periods. When sitting, use a cushion or pillow to alleviate pressure on the surgical area.

Bowel Movements:

1. Diet:

- i. Eat a high-fiber diet to ensure soft stools and avoid straining during bowel movements. Include fruits, vegetables, whole grains, and legumes in your meals.
- ii. Stay well-hydrated by drinking at least 8-10 glasses of water daily.

2. Medications:

- i. Use stool softeners (such as docusate sodium) and fiber supplements (like psyllium) as directed by Dr. Kim to prevent constipation.
- ii. Avoid straining during bowel movements. If you feel constipated, contact our office for further advice.

Activity:

1. Rest:

- i. Rest for the first 24-48 hours after surgery. Gradually increase your activity level as tolerated.
- ii. Avoid strenuous activities, heavy lifting, and vigorous exercise for at least 2 weeks or until Dr. Kim advises otherwise.

2. Movement:

- i. Take short, frequent walks to promote circulation and prevent blood clots. Avoid sitting or lying down for prolonged periods.

Wound Care:

1. Hygiene:

- i. Keep the surgical area clean and dry. Gently clean the area with warm water after bowel movements and pat dry with a soft cloth or use a hairdryer on a cool setting.
- ii. Avoid using harsh soaps, wipes, or any products that may irritate the surgical site.

2. Dressings:

- i. If you have been given dressings or gauze, change them as directed by Dr. Kim. Be sure to wash your hands thoroughly before and after changing dressings.

Follow-Up Appointments:

1. Schedule a follow-up appointment with Dr. Kim as directed. This is typically within 1-2 weeks after surgery.
2. Please call the office at 925-430-5613 to schedule your post-op appointment if it has not already been arranged. If you need to reschedule, please give 72-hour notice to avoid charges.

Potential Complications:

1. Contact Our Office Immediately If You Experience:

- i. Severe pain not relieved by prescribed medications.
- ii. Excessive bleeding (more than a small amount of blood on the toilet paper or in the toilet).
- iii. Signs of infection, such as increased redness, swelling, warmth, or drainage from the surgical site, or a fever over 101°F (38.3°C).
- iv. Difficulty urinating or inability to have a bowel movement for more than 3 days despite using stool softeners and a high-fiber diet.

General Advice:

1. Avoid alcohol and smoking as they can impair healing.
2. Wear loose, comfortable clothing to avoid pressure on the surgical area.



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If you have any questions or need further clarification regarding these postoperative instructions, please do not hesitate to contact our office at 925-430-5613.

Thank you for your cooperation, and we wish you a smooth and speedy recovery.

Sincerely,

Dr. Ran S. Kim

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