



## POST OPERATIVE INSTRUCTIONS FOR HEMORRHOIDECTOMY SURGERY

Dear Patient,

Following your open hemorrhoidectomy, it is important to understand what to expect and how to manage your recovery. The pain and discomfort experienced after surgery can vary depending on the extensiveness of the procedure and individual pain tolerance. Proper pain control before, during, and after the surgery is crucial for optimal recovery.

### What to Expect After Surgery:

#### 1. Pain and Discomfort:

- a. Pain levels can vary significantly among patients. You may experience moderate to severe pain, especially during bowel movements. Pain typically decreases gradually over the first two weeks but can persist to some degree for several weeks.
- b. There is usually some bleeding and discomfort associated with bowel movements for 2 weeks after surgery. To soothe the area, you may apply Recticare (5% Lidocaine cream), which is over-the-counter.
- c. It is common and normal for a hard, uncomfortable lump to form, as well as pressure sensations in your rectum. This will heal gradually as your body adjusts to the trauma undergone during surgery.
- d. If you experience excessive bleeding, increasing pain, inability to urinate, or develop a fever  $>101^{\circ}\text{F}$ , please call our office immediately.

#### 2. Bleeding:

- a. It is normal to experience some bleeding from the surgical site, especially during bowel movements. This should gradually decrease over time.
- b. If you experience heavy or prolonged bleeding, contact our office immediately.

#### 3. Swelling and Bruising:

- a. Swelling and bruising around the surgical site are normal and should subside within a few weeks. Using ice packs for 15-20 minutes at a time can help reduce swelling.

#### 4. Bowel Movements:

- a. You may experience difficulty or pain during bowel movements initially. It is important to avoid straining. Use stool softeners or fiber supplements as directed to keep your stools soft.
- b. When you arrive home, take one heaping teaspoon of Metamucil or another fiber supplement and mix it with water or juice at least 2 times a day. Continue this for one month.



- c. If you take narcotics for pain control, also take Miralax to minimize the constipating effects. It is common not to have a bowel movement for 2-3 days after surgery. If this happens, take 2-3 tablespoons of Milk of Magnesia. If this does not produce results, call your surgeon.
- d. It is very important not to strain during bowel movements as the area is very delicate.

### **Postoperative Care Instructions:**

#### **1. Pain Management:**

- a. Take prescribed pain medications as directed. Do not wait until the pain becomes severe.
- b. Over-the-counter pain relievers such as acetaminophen (Tylenol) can be used in addition to prescribed medications, but avoid NSAIDs like ibuprofen (Advil, Motrin) unless specifically instructed otherwise by Dr. Kim.
- c. If you need to refill your pain medication, please call your pharmacy and have a refill request sent to our office. Please allow up to 2 business days for your request to be refilled.

#### **2. Wound Care:**

- a. Keep the surgical area clean and dry. Gently clean the area with warm water after bowel movements and pat dry with a soft cloth.
- b. Do a warm soak/bath for 15 minutes 3-4 times a day to help clean the area, decrease swelling, and relieve muscle spasms. Sitz bath tubs can also be purchased from drugstores and placed over your toilet bowl.
- c. After soaking, to absorb the moisture and secretions from the incision site, gently tuck a piece of gauze or cotton. Please do not use any tape. Buy some gauze prior to surgery so you have it available as needed.

#### **3. Activity:**

- a. Rest is important in the initial days following surgery. Gradually increase your activity level as tolerated.
- b. Avoid heavy lifting, strenuous exercise, and sitting for prolonged periods for the first two weeks.
- c. Try to avoid driving as much as possible the first week.

#### **4. Diet:**

- a. Stick to a high-fiber diet to keep your stools soft and prevent constipation. Include plenty of fruits, vegetables, whole grains, and fluids.
- b. Drink at least 8 glasses of water a day and avoid excessive quantities of milk products to prevent constipation and hard bowel movements.

#### **5. Urinary Symptoms:**

- a. Please limit your fluid intake until after you first urinate. If you experience difficulty urinating after surgery, soak your bottom in warm water while you try to urinate.
- b. If you remain unable to urinate, you may need to go to your local Emergency Department for catheter insertion to drain your bladder.



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#### **6. Follow-Up Appointments:**

- a. Schedule a follow-up appointment with Dr. Kim as directed. This is typically within 1-2 weeks after surgery.
- b. 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.

#### **When to Call the Office:**

- Severe pain not relieved by medications
- Heavy or prolonged bleeding
- Signs of infection (increased redness, swelling, warmth, or drainage from the surgical site)
- Fever above 101°F
- Difficulty urinating or severe constipation

#### **Contact Information:**

If you have any questions or concerns regarding your recovery, please do not hesitate to contact our office at (925) 430-5613.

Thank you for your cooperation and wishing you a smooth recovery.

Sincerely,

**Dr. Ran S. Kim**

Colon & Rectal Surgery

U Wellness Surgical

(925) 430-5613

1399 Ygnacio Valley Rd, Suite 11-D, Walnut Creek, CA 94598