

PATIENT INSTRUCTIONS FOLLOWING REMOVAL OF A THROMBOSED HEMORRHOID

You have undergone an office procedure for the treatment of your thrombosed hemorrhoid. The principle of this procedure is the removal of the involved hemorrhoid or evacuation of the blood clot. There are several things that you should be aware of after this procedure.

- It is important that you not become constipated. You should use Metamucil or any other substitute in a dosage of 1-2 Tablespoons per day. If you develop constipation, it is acceptable to use a mild laxative such as Mild of Magnesia. Remember, having a bowel movement will not injure the area where the hemorrhoid was removed.
- Minor degrees of bleeding are common after this procedure. However, should the bleeding be persistent or more importantly, in large amounts, you should call your doctor immediately.
- Infection is quite rare following this procedure. If you develop a fever, severe pain, or difficulty urinating, you should contact your doctor immediately.
- It is hoped that these few simple instructions will answer most of your questions and facilitate your recovery from this simple and most useful procedure. If there are any other questions, please do not hesitate to call.

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POST-OPERATIVE TREATMENT FOR THROMBOSED HEMORRHOIDS

1. Shower spray or sitz bath treatment to anal area three times per day and after each bowel movement.
2. Place a dry piece of gauze against the anus. Change as needed to keep the anal area dry.
3. Metamucil, 1 Tbsp. twice per day in a glass of water or orange juice.
4. It is not at all infrequent following any form of anorectal procedure that some minimal drainage of blood or mucus occurs. If this should become very significant, please call the office.