



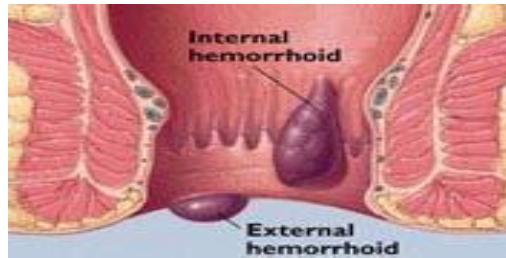
# HEMORRHOIDECTOMY

*Date of Surgery* \_\_\_\_\_

Please bring this booklet the day of your surgery.

Quinte Health Form #35

Hemorrhoids are classified as internal (inside the anus) or external (outside the anus). Hemorrhoidectomy is the removal of a hemorrhoid due to bleeding, itching, prolapse or pain. During the procedure, incisions are made in the tissue around the hemorrhoid. The swollen vein inside the hemorrhoid is tied off to prevent bleeding and the hemorrhoid is removed. Medicated gauze is used to cover the wound.



### **The Day of Surgery**

Arrive at the hospital at your scheduled time. After admission and preparation for surgery by the nursing staff, you will go to the operating room. The Anaesthetist will administer a general anaesthetic (which puts you to sleep).

The surgery takes about 1 hour. Generally patients return home the same day of surgery or spend one night in the hospital.

## Guidelines for Home

It is common to feel more tired than normal for the first few days after surgery. Have someone available at home to help as needed.

Nausea, vomiting and/or dizziness may be experienced for the first 24 hours. You may obtain anti-nausea medication at any pharmacy without a prescription. ie. Gravol (pill) or Bonamine (chewable) to relieve these symptoms.

Resume your regular diet as tolerated. Drink plenty of fluids (8-10 glasses per day). Eat a high fiber diet, such as bran, oats, whole grains, fresh fruits and vegetables. This will help keep your bowels soft.

Your Doctor may order a mild laxative and/or stool softener. Avoid straining when having a bowel movement, as this will create extra stress on your operated area.

Sit on a fluffy pillow, not a plastic ring. A ring will add more stress to the rectal area.

For pain/discomfort, take the prescribed medication as directed by your Doctor.

You may have some bright red bleeding for a few days following the surgery as your incision heals. Bleeding may also occur with your bowel movements. You may need to wear a pad to protect your underwear for a few days.

## **Guidelines for Home**

You may have gauze packing inserted during the surgery and a gauze dressing over the packing. A small amount of bleeding is normal. The packing usually falls out on its own, or is removed the day after surgery by a nurse, either in the hospital or at home.

Sit in 3-4 inches of warm water (in a sitz bath or the tub) for about ten minutes, 3 times per day and after each bowel movement (or more often if you want) to ease discomfort and swelling and to keep the area clean. Avoid using hot water, which may increase swelling.

Use ice packs after the sitz /tub bath to help with the swelling and to promote comfort.

You may experience trouble passing your urine. It is sometimes easier to pass your urine while sitting in the sitz or bath tub.

You may return to your normal activities as you feel up to them.

Ask your Surgeon when you can return to work, and increase your activity (ie. Sports, lifting).



**Call your surgeon or go the nearest Emergency Department if you experience:**

- Increased pain not relieved by the prescribed medication
- Increased bright red bleeding and/or the presence of clots
- Signs of infection – fever, chills, foul-smelling rectal drainage
- Unable to pass urine or a feeling of fullness in the bladder

## **Appointment**

Call your Surgeon's office to arrange a follow-up appointment.

## **Special Instructions**

## **Questions?**

Developed By: Surgical Preadmission Clinic, 2003  
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