



# STAPLED HEMORRHOIDECTOMY

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

Please bring this booklet the day of your surgery.

A hemorrhoid is a very common condition. Sometimes hemorrhoids cause bleeding and prolapse. A stapled hemorrhoidectomy is a surgical procedure using a circular stapling device that staples the hemorrhoid tissue back to its normal position and removes any excess tissue.

The surgery may be done under a general anaesthetic (which puts you to sleep), a local anaesthetic (which numbs the area) given along with sedation or by spinal anaesthetic (which freezes from the waist down to the toes).

Patients usually return home the same day of surgery.

If you are unable to pass your urine, a catheter will be inserted and left in for a couple of days.

### **Guidelines at Home**

Resume your regular diet tolerated.

You may have a small pack in the anus which will pass with your next bowel movement.

You may experience bleeding and have a mucous discharge for 1-2 weeks.

Take sitz baths or sit in a warm tub 1-2 times daily for 1 week to help keep the area clean, promote comfort, and to reduce any swelling. Do not use hot water, as this will cause swelling.

## **Guidelines at Home**

You may have some bleeding with bowel movements for the first few weeks. If bleeding is excessive, or increased – call your Surgeon or come to the nearest Emergency Department.

Keep your stool soft. Eat a high fiber diet (bran, whole grains, cereals, fresh fruits and vegetables) and drink plenty of fluids.

No heavy lifting or straining for 2 weeks.

Length of time off work will depend on the type of work that you do. Your Surgeon will advise you when it is safe to return to work.



**Go to the Nearest Emergency Department if you have:**

- Increased bleeding
- Increased pain
- Unable to pass urine or a feeling of fullness in the bladder
- Fever and/or chills
- Foul-smelling rectal discharge

## **Appointment**

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

## **Special Instructions**

## **Questions?**

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