



Discharge Instructions for Hemorrhoidectomy

After Surgery

- Pain is expected after your surgery. Your provider will prescribe you a narcotic medication that will help with your pain. Please use as directed and if not needed, don't take it. If the pain medication that is prescribed to you is not helping, please call the office at 816-525-2840.
- Right after surgery and while on pain medication we ask that you use medications to prevent constipation:
 - Senna-S 2 tablets twice a day.
 - Miralax 17gm twice a day.
- You should also take a fiber supplement daily:
 - Metamucil once a day
- You will want to take frequent tub soaks, warm showers, and sitz baths throughout the day. You will want to do the same after you have a bowel movement. You can also use tucks in the area, it could possibly give you a cooling sensation and possibly help with pain.
- Rectal bleeding or discharge is normal after your surgery. Utilize a sanitary napkin to collect any discharge. Notify me of excessive or concerning amounts of bleeding by calling our office.
- Move your legs around while laying / sitting. If you are able to walk around, this will help to prevent a blood clot in the legs or pneumonia.
- Please avoid the following:
 - Driving / working / big decision making while taking narcotics.
 - Heavy lifting (no more than 15 lbs.) for 4 weeks after surgery date.
 - Strenuous activity for 4 weeks.
- You may return to light-duty job when pain allows, if you are no longer taking narcotics.

When should I contact my doctor after surgery? 816-525-2840

- Fever 101° or greater.
- Pain that is not relieved with pain medication.
- Redness, excessive bleeding, and/or foul-smelling drainage from the incision area.
- Pain/redness in either calf.
- Persistent nausea and/or vomiting.
- Severe diarrhea or bloating.