



**SURGICAL ASSOCIATES
PC**

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Recovery after Hemorrhoid Surgery

Wound Care

You may rinse in the shower or sit in a warm bath to clean or soothe the wound. Topical Lidocaine 4% ointment may be purchased at most pharmacies without a prescription and can be applied as needed for pain. You may also use ice packs for pain control.

Common Findings

Surgical pain is often less in the first 2-3 days after surgery because we inject long-acting anesthesia. Expect to have more soreness on the third day after surgery. It is normal to pass blood clots and small amounts of bright red blood for 7-10 days after surgery.

Common Narcotic Side Effects and Prevention

- Nausea - take the medication with a little food
- Light headedness - keep hydrated
- Constipation - see below
- Do not drive for a day after taking narcotics

Constipation Prevention

Constipation usually resolves when you are more active, eating a balanced diet and stop taking narcotics. If you are prone to constipation, take a stool softener (Colace) or cathartic (Senokot-S, Miralax, Milk of Magnesia) 1-2 days prior to surgery. We suggest taking a cathartic while you take narcotics. If you feel bloated, take the medication twice a day or add a second cathartic medication. Stop the medications if your stools are loose.

After surgery, it is important to keep your bowels moving and soft. Take 100 mg Colace each morning and evening. It is safe to take two tablets twice daily if your stools remain hard. Drink plenty of water and you may also drink prune juice. Avoid spicy and acidic foods as they will cause more irritation. Take a fiber supplement 1-3 times daily. Benefiber is well tolerated, odorless and tasteless but you may try other options from your pharmacy as well.

Call our Office for any of the Following Concerns

- Sustained fever > 101.5 degrees
- Significant and/or prolonged bleeding

Thank you for choosing Surgical Associates, PC for your care. For prescription requests/refills (including narcotics) or general questions please call our office during regular business hours; Monday-Thursday 8:00am-5:00pm and Fridays 8:00am-2:00pm.

A surgeon is on-call after hours for emergent care. However, pain medication (narcotics) will not be provided after hours.