

Surgery Center of Pinehurst
Home Instructions after Hemorrhoid/Anal lesion Surgery

Activity:

Resume normal activity starting now, but continue to avoid strenuous activity or heavy lifting (nothing more than 5-10 pounds) for the next 2-3 weeks.

Consume a high fiber diet and maintain excellent hydration.

Do not sit for prolonged periods or strain for the next 3-4 weeks.

Medications:

Follow instructions carefully. Pain medications should be taken with food to minimize side effects such as nausea and vomiting. Pain medication may also dehydrate/constipate. Please do not drive a car or operate machinery as long as you are taking narcotics or while distracted by pain or fatigue.

Use stool softeners (Colace) two to three times daily (and/or Miralax 1-2 doses daily) to avoid constipation/ensure soft, easy bowel movements.

If you have not had a bowel movement in 2 days, then use 1-2 doses of Milk of Magnesia to ensure you have a bowel movement.

Upon discharge, a medication reconciliation sheet of all your current medications will be given to you and reviewed with you by the Surgery Center of Pinehurst.

Care of Dressing:

You may remove your outer bandage in 24 hours and at that time you may shower. Some minor bleeding is to be expected. Cotton balls/dry gauze dressings can be used to keep the area dry and clean. Perform sitz baths (soaking in warm/hot water for 10-15 minutes) at least 3-4 times daily.

Contact the office, call 911, or go to the nearest ER if you have increased pain (minor pain is to be expected), major bleeding, increased swelling, chills/fever, uncontrolled nausea/vomiting, inability to urinate, or wound problems.

Please call my office at 910-215-2507 if you have any questions or problems.

Dr. Vegeler