

## **Surgery Center of Pinehurst Home Instructions after Hemorrhoid Surgery**

### **Activity:**

Plan limited activity for the next 1 to 2 weeks. Drink several glasses of fluid (especially water) daily, eat lots of fresh fruits and vegetables, and include whole grain products in your diet. Keep your stool soft with over the counter stool softeners and/or Miralax after surgery to avoid straining with bowel movements.

### **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, so drink plenty of fluids. Please do not drive a car or operate machinery as long as you are taking narcotics.

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 can be used to keep the area dry and clean. Warm sitz baths are very soothing. Plan to do a sitz bath three times per day for 20 minutes and additionally after a bowel movement.

### **Appointment:**

Please keep your scheduled appointment. If your scheduled appointment is inconvenient for you, please call my office and we will reschedule you for a more convenient time.

Contact the office if you have increased pain, major bleeding, increase swelling, chills, fever, or if drainage has a bad odor. Some minor pain is to be expected.

**Please call my office at 910-235-2030 if you have any questions or problems.**

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**Dr. Heathcote**

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