

COLON & RECTAL SURGERY OF NEW ENGLAND

Postprocedure Instructions *Incision of an External Thrombosed Hemorrhoid*

Restrictions

- There are no activity or dietary restrictions; however, you should maintain a high fiber diet.

Postprocedure Perianal care

- Use dry gauze or a feminine pad for minor bleeding or drainage.
- Soak in a warm tub for ten minutes, 2-3 times daily or more if desired. (After a bowel movement, soaking in a warm tub or showering can be helpful and more comfortable than wiping.)
- After a bowel movement, wiping with alcohol free, fragrance free baby wipes or a cloth moistened with water is sometimes more comfortable than toilet tissue.
- Use caution with towels and washcloths as they may become bloody after a shower or a bath

Medications

- If given a prescription, use the pain medicine as prescribed. In addition to prescription pain medicine, you may take Motrin, Advil, or ibuprofen up to 600 mg every six hours. A combination of prescription and non-prescription pain killers often gives better pain relief than either by itself..
- Take a fiber supplement (Benefiber, Metamucil, or equivalent and as directed two times per day.
- Take Colace 100 mg two times per day while taking a prescription narcotic.
- Take Milk of Magnesia (or any other laxative) at the first sign of constipation.

Call the office if:

- You have worsening pain or need an increased amount of pain medication.
- You experience persistent fever or chills. (You may have low-grade fevers on and off for the days following surgery; this is your body's normal reaction to the procedure.)

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Nashua, NH 03060
(603) 577-3322

- If you have deep pelvic pain with fever and chills. (This can indicate a rare, but serious complication called pelvic sepsis.)

Please call the office to make a follow-up appointment for two to three weeks after surgery or if you have any other problems, questions, or concerns.

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