GRANGER MEDICAL CLINIC

Exceptional Care. One Patient at a Time.

General Surgery
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Pre & Post-Operative Instructions: Hemorrhoids

Pre-Surgery:

- Do 2 enemas before surgery: 1) one enema night before surgery and 2) one enema 3-hours before surgery.

Post-Surgery:

Diet:

- Start with clear liquids after surgery to prevent nausea, vomiting, and constipation (i.e. soup, Jell-O, juices, popsicles, Gatorade/Powerade, water, etc.) Drink plenty of water (64 oz or more per day).
- Advance to regular diet tomorrow. Eat lots of whole grains, fruits, and green leafy vegetables.
- Avoid dairy products or foods that might cause constipation.
- Avoid spicy foods.

Medication:

- Take the pain medication prescribed by your doctor. You will be prescribed a small-dose narcotic medication, ibuprofen, and an anti-nausea medication. Make sure you take these medications with food.
- Alternate your pain medications every 4 hours for better pain control. (i.e. take small-dose narcotic at 8:00 am, then at 12:00 noon take ibuprofen. 4:00pm take the narcotic again, and so-forth.)
- If you do not want to take the small-dose narcotic medication, you may switch to Tylenol. You may take Tylenol and ibuprofen at the same time. **Do NOT take Tylenol and the narcotic medication at the same time.**
- **AVOID CONSTIPATION.** Take laxatives, such as MiraLAX or Dulcolax tablets, once or twice daily to avoid constipation. Take stool softeners, such as Colace 100 mg twice daily. Start after surgery and may discontinue if your stools become too loose.
- If no bowel movements in 36 to 48 hours after surgery even taking MiraLAX, take 5 oz of Magnesium Citrate.

Activity:

- Rest for the first 24 hours after surgery.
- Walk short distances, like to the bathroom, only on the night of surgery.
- Day after surgery, get up and walk as tolerated. Take short walks throughout the day and gradually increase walking over the next few days after recovery.
- Do not make sudden positional changes; if lying down, sit up for a minute before standing.
- No driving while on narcotic pain medication.
- No lifting, pushing or pulling anything greater than 10-25 pounds for 6 weeks after surgery.
- No weight lifting, jogging, swimming, or other strenuous activities.
- A safe rule of thumb: "if it hurts, don't do it."

Dressing/Bandages:

- Keep your dressing clean and dry for 24 hours.
- Expect bleeding or drainage, especially with bowel movements. You may want to wear pads or adult diapers to protect your undergarments.
- You may remove the outer dressing after 24 hours.
- Do not apply any medications, ointments or products to your incisions while open, draining or scabbed.

Bathing & Wound Care:

- You may shower after 24 hours after surgery. Gently pat-dry the wound area and incisions a soft, clean towel.
- Do not scrub or rub on your incisions.
- Take warm sitz baths 3 to 4 times daily in water no hotter than 102*F.
- No soaking or bathing in a tub or swim in a pool/hot tub until directed by the surgeon.

Miscellaneous:

- No alcohol for 24 hours after surgery or while taking any narcotic pain medication.
- Do not make any personal or business decision for 24 hours or while taking any narcotic pain medication.
- Recommendation is to have a responsible adult with you for the rest of the day and night following surgery.

What to Expect:

- Pain with bowel movements.
- Normal to pass some blood with bowel movements.
- You should not see any excessive bleeding or bloody diarrhea.
- Bowel movement irregularity is expected when taking narcotic pain medication. It is recommended that you take a stool softeners and laxatives needed to help with pain from stools (see medication for details).
- You may feel sleepy during the day with the narcotic pain medication, but not excessively so. Take short walks as tolerated to keep energy and movement in your body.
- You may have some nausea or vomiting the day of surgery, sometimes also with the narcotic pain medication, but this should not persist.
- You may have a sore throat.

Possible Problems:

Call 801-955-0071 to speak with your surgeon or on-call surgeon if:

- Unable to drink liquids or keep liquids in your system because of nausea and vomiting.
- Unable to urinate 8 hours after surgery.
- Temperature of 101*F.
- You notice excessive bleeding or unexpected drainage from the incisions.
- You notice extreme redness or warmth around your incision sites.
- Wound edges, opens, or separates.
- Nausea of vomiting 24 hours after surgery.
- Excessive pain even while taking pain medication. (Understand pain medication may not completely eliminate discomfort.)
- Pain or swelling in the legs.
- Excessive diarrhea. Occasional loose stool is not uncommon. However constant, watery diarrhea can lead to dehydration.
- You can present yourself to the Emergency Department for evaluation and they will contact your surgeon.

Other Information:

- The hospital will call you the day before your procedure with a time that you will need to arrive at the hospital and any other important information that you will need to know prior to surgery.
- You must have someone available to drive you home after your surgery.
- You may receive up to 3 separate bills from surgery: 1-facility, 2-physician, 3-anesthesia
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and identification cards.
- If you must cancel or reschedule your procedure, please give notice 2 full business days in advance.
- Post op visit is to be scheduled as needed after surgery. Please call with any questions or concerns.