

PRINCE GEORGE GENERAL SURGERY

HEMORRHOID SURGERY RECOVERY

Keep this handout, you will need it after surgery!

PAIN

- Hemorrhoid surgery and recovery is known to be a painful process for patients.
 - Please follow these directions carefully to reduce pain and ease your recovery.
1. Sitz baths/Epsom salt soaks
 - a. Dissolve unscented Epsom salts in warm water in a tub/basin
 - b. Submerge your bottom in the water and sit for 15-30 minutes
 - c. Do this morning and night for 2 weeks after surgery
 2. Acetaminophen/Tylenol
 - a. Week 1: take 2 extra strength tabs (500 mg x 2) every 6 hours
 - b. Week 2+: take 1-2 extra strength tabs every 6 hours as needed
 3. Ibuprofen/Advil/Motrin
 - a. Week 1: take 2 extra strength tabs (200 mg x 2) every 6 hours
 - b. Week 2+: take 1-2 extra strength tabs every 6 hours as needed
 4. Tramadol
 - a. You will be given a prescription for tramadol after surgery (not Tramacet)
 - b. Week 1: take 1 tabs every 6 hours
 - c. Week 2+: take 1-2 tabs every 6 hours as needed
 5. Metronidazole/Flagyl
 - a. You will be given a prescription for metronidazole/flagyl after surgery
 - b. This is an antibiotic that has also anti-inflammatory properties
 - c. Week 1: take 1 tab every 12 hours
 6. Milk of Magnesia
 - a. Week 1: take 15 mL daily at night
 - b. Week 2: take 15 mL daily at night as needed
 7. Metamucil
 - a. Week 3+: take 1 tsp powder in a large glass of water every day, lifelong

BLEEDING

- Hemorrhoid surgery can result in some bleeding afterwards because of tearing of the surgery site with bowel movements, and it usually it stops on its own
- If the bleeding is severe, please alert our office and present to the nearest ER

SEPSIS

- Pelvic sepsis is a very rare but very dangerous infection that can occur after surgery on the perianal tissues
- After surgery if you develop fever > 38 C (100.4 F), cannot pass urine, and have severe pain spreading up the back, please urgently present to the nearest ER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AT 250-645-4728
