

# Discharge Instructions for Hemorrhoid Surgery



You had surgery to remove hemorrhoids. These are large, swollen veins inside and outside the anus. Hemorrhoids are caused by too much pressure on the anus. This is often due to straining during bowel movements or pressure during pregnancy. After surgery, it may take a few weeks or longer to recover.

## Home care

You may have some bleeding, discharge, or itching for a short time after surgery. This is common. Once at home, be sure to:

- Take prescribed pain medicines on time as directed. Don't skip doses or wait until pain gets bad, as it may be harder to control.
- Take sitz baths. Fill a tub with 3 inches of warm water. Sit in the basin or tub for 10 to 20 minutes a few times a day and after each bowel movement.
- Try not to strain when passing stool. This can increase pressure on the anus. It can also lead to swelling.
- Prevent constipation:
  - Use a laxative or stool softener as advised.
  - Eat more high-fiber foods. These include whole grains, fruit, and veggies.
  - Drink plenty of fluids.
- Don't lift anything heavy or do strenuous activity for 1 to 2 weeks.
- Use suppositories and pads, if needed. These can help relieve symptoms.
- Don't drive until you're able to sit and move without pain. Ask someone to drive you to appointments, if needed.
- Practice good bowel habits. Don't ignore the urge to go. Don't spend too much time on the toilet.

## Follow-up

Follow-up with your healthcare provider, or as advised. Your healthcare provider will check how well you're healing. This visit will likely happen within 1 to 2 weeks.

## When to call your healthcare provider or 911

Call your healthcare provider right away if you have any of the following:

- Fever of 100.4°F (38.0°C) or higher, or as directed by your healthcare provider
- Chills
- A large amount of drainage from the rectum
- Trouble urinating
- No bowel movement for more than 48 hours

**Call 911 or get immediate medical care at the nearest emergency department if you have a large amount of bleeding from the rectum.**

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