

Instructions for Patients following a haemorrhoidectomy

During a haemorrhoidectomy, haemorrhoids are surgically excised. Patients experience pain and discomfort during the immediate postoperative period (i.e., about 10 days).

1. Medication:

Paracetamol or Digesic may be taken to relieve pain. Stronger pain relief will be prescribed and should be taken as per the Doctor's instructions, relative to the amount of pain experienced.

Patients should all take a combination of:

- Paracetamol 1g four times per day
- Ibuprofen 400mg 3 times per day - with food
- Endone 5-10mg every 4 hours as required
- Lactulose 30mls twice daily

- Some patients find a warm bath is helpful.

2. Diet:

No special diet is necessary. **Your bowel movements should remain soft.** To achieve this make sure you drink at least 6 – 8 glasses of water per day and eat plenty of fibre- ie- fruit and vegetables.

3. Bowel Function:

Straining to have a bowel movement should be avoided. If you do tense up, push or strain, you will possibly cause clots, or tear the skin (fissure). A gentle laxative is allowed if necessary. eg. Lactulose

4. Physical Activity:

Patient's can move around as per normal following the procedure, but must avoid any physical activity which causes discomfort. Some patient's may feel uncomfortable when sitting on the area for long periods of time and find greater relief in laying down.

A small to moderate amount of bleeding, usually when having a bowel movement, may occur for a week or two following the surgery. This is normal and should stop when the anus/rectum heal.