

Metroplex Colon & Rectal Specialist
Raymond Staniunas, M.D., FACS

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HEMORRHOIDECTOMY

WHAT SHOULD I EXPECT IN THE DAYS TO COME?

- We have placed a simple packing in your anus, which you can expect to be removed with your first bowel movement. You may need to manually remove the packing if it does not naturally fall out when you have your first bowel movement.
- This procedure can be rather painful, expect increased pain for several days to weeks after the procedure. Pain may be increased with bowel movement. You may also notice some minor bleeding in the days following, which is natural.
- You will be given a prescription for pain medication by Dr. Staniunas following the procedure. You may take Tylenol for pain as well. **DO NOT** take aspirin, Ibuprofen, or any type of blood thinners.

WHAT IMPORTANT INSTRUCTIONS DO I NEED TO FOLLOW AFTER THE PROCEDURE?

- You should soak in a tub of warm water, about waist high, for several minutes in order to soothe the anal area, 4-6 times a day.
- Avoid Epsom salts or soap products when taking baths, or when cleaning the anal area. Use **regular water ONLY**.
- Begin consuming a high fiber diet. Take a fiber supplement such as Metamucil or Citrucel with an 8-ounce glass of water each day. All of these steps are to help keep your bowel movements soft.
- **DO NOT** take aspirin, Ibuprofen, or any type of blood thinners in the 2 weeks following your procedure. Taking these can cause bleeding problems.
- **TAKE 1 TABLESPOON OF MINERAL OIL EVERY DAY FOR 2 WEEKS.**
- **TAKE 30 OZ OF MILK OF MAGNESIA IF NO BOWEL MOVEMENT IN 3 DAYS.**

CALL IMMEDIATELY WITH:

- FEVER > 102
- Increasing, severe pain
- Inability to urinate
- Profuse bleeding

PLEASE CALL OUR OFFICE AT 1-855-273-2825 TO SCHEDULE A FOLLOW-UP APPOINTMENT IN 2 WEEKS.