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## **Post-Operative Instructions: Hemorrhoid Surgery**

### **Wound**

- Leave the packing in place for 12 to 24 hours, remove this in the a.m. and use a sitz bath (warm water and may add "Epsom Salt" to this).
- You may replace the packing as needed for minor bleeding.
- Please call the office at 559-738-0450 should you develop significant drainage from the wound or a fever (>101.5).

### **Diet**

- There are no food restrictions although you will want to avoid constipating foods.

### **Activity**

- Maintain light activity for 7 days post-op.
- I recommend lifting no more than 20 pounds during this time.
- No driving while on narcotics.

### **Medication**

- You may have been prescribed a light narcotic, muscle relaxant and a topical anesthetic, \_\_\_\_\_ use as prescribed.
- You may also use extra strength Tylenol or Ibuprofen if the narcotic medication is too strong.
- I recommend adding fiber to your diet and taking one stool softener (colace) a day to avoid constipation.
- If constipation should occur, you may use a mild laxative such as dulcolax tablets.
- Use Tucks pads to cleanse the area as needed, especially after a bowel movement.

### **Follow-up Instructions**

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