

Surgical Services of Athens

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Hemorrhoid Surgery Post-Operative Instructions

- A post-operative visit has been arranged as noted in your paperwork. You may call the office during business hours to verify your post-operative visit date and time if needed. Office hours are 8am-12pm and 2pm-5pm Monday through Thursday and 8am-12pm on Friday.
- You should expect some pain after hemorrhoid surgery. There are multiple types of hemorrhoid surgery, and pain will vary according to the type of surgery. You may have been given a local anesthetic after surgery that may last for several hours. You may apply a topical numbing medication if instructed. Ice packs applied to the anal area may reduce pain and swelling. Sitting in warm water (bathtub or sitz bath) will often reduce pain and keep the surgical area clean.
- You may initially have some difficulty urinating after hemorrhoid surgery due to anesthesia, edema, or spasm of the pelvic floor muscles. Typically, we require you to urinate prior to being discharged home.
- It is normal to have constipation after surgery. We recommend taking an over the counter fiber laxative, preferably in a powdered form, with a full glass of liquid once or twice daily to reduce constipation and to soften the stool. This will reduce straining which may worsen your hemorrhoids. Your surgeon may discuss other medications to treat constipation as well. You should avoid sitting on the toilet for prolonged time periods.
- Typically, an absorbable gauze impregnated with antibiotic ointment is placed in the anus after hemorrhoid surgery. This will either dissolve after a few hours, or you may pass the gauze. It is normal to pass some old blood after hemorrhoid surgery. If this seems to be worsening, or if there is a large amount of blood, contact your surgeon.
- You may see bits of suture material pass after hemorrhoid surgery. The suture typically used in hemorrhoid surgery often dissolves, loosens, and / or passes after only a few days.
- Prescription pain medication may cause nausea and will often cause constipation. You may take an over-the-counter laxative as discussed or as needed.
- Do not take Tylenol (acetaminophen) within 4 hours of taking a narcotic pain medication.
- Driving after surgery is not recommended until prescription pain medication is no longer needed. You may typically drive if narcotic pain medication has not been taken within 24 hours.
- We recommend that you avoid strenuous activity until your follow-up visit, but regular walking is encouraged.
- An on-call physician is available at all times for emergencies; however, we ask that you call during business hours for non-emergent and routine questions. Notify us for fever over 101, or go to the nearest ER immediately for significant shortness of breath. The on-call physician will not be able to provide narcotic pain medication. By law, narcotic pain medication cannot be called in to a pharmacy.