**Preoperative and Postoperative Care Instructions**

**Hemorrhoid Surgery Post-Op Instructions**

- Take medicines as prescribed by your physician. Aspirin, arthritis medications, and anticoagulation medication should not be taken for at least 72 hours after surgery.

- No heavy lifting, sports, or straining for 2 weeks.

- Expect some bleeding with each bowel movement for 2 weeks after surgery.

- Do not use enemas or suppositories during the postoperative period until cleared by your physician.

- Eat a well-balanced diet and use a fiber supplement (e.g. Metamucil, Citrucel, etc.) as per package directions. Drink 6 glasses of water—evenly spaced—throughout the day. For mild constipation, stool softeners may be used. Discontinue if the stool becomes loose.

- Use flushable baby wipes for cleansing. You may use sitz baths for 15-20 minutes at a time, 2-3 times a day for cleansing and comfort.

- In about 7-10 days after surgery, you may notice a “pop” at the incision area while having a bowel movement. This is the relaxation of the absorbable sutures. This is normal.

- Please call the office to schedule your post-operative appointment for 14 days after the date of surgery.

- Please notify us if you have a fever of 100.4 or greater, excessive bleeding, nausea or vomiting, inability to urinate, or pain greater than expected.

**Please contact our office if you have any questions or concerns.**

*(251) 424-1620*