



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