

Post-Operative instructions for evacuation of Thrombosed Hemorrhoid

The dilation of submucosal vascular tissue in the distal anal canal leads to hemorrhoid which is supported by a connective tissue. When the vascular tissue along with connective tissue weakens, there will be prolapse of the hemorrhoids.

Steps For Caring The Wound After Surgery:

- You can take a shower only after 24 hrs of surgery. Seitz bath is best suitable several times in a day after the surgery.
- After a bowel movement, a gentle wet wipes should be used for cleaning.
- Avoid sitting on a donut device for it may increase swelling.
- Take pain medication as prescribed by the doctor at the time of discharge.
- Wear sanitary napkin or place a gauze in the underwear.
- Dressing should be changed when wet or soiled.
- By drinking plenty of fluids or taking a stool softener, will help in having a comfortable first bowel movement after surgery.

Diet After Operation

You must be restrictive on your diet after surgery. It is advisable to slowly increase the content of fat and spices in your daily meal.

Plan Your 6 Weeks Post-Operation

- It is good to have a normal daily activity.
- Avoid driving until you recover from pain.

Handling Constipation and Preventing Haemorrhoids

- There should be a bowel movement in less than 3 days of surgery. Drink plenty of water, especially morning to overcome constipation.
- Medication usually cause constipation. Use a suitable stool softener such as mineral oil, Dulcolax or a laxative.
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Pain medication may cause constipation. Here are the few measures to avoid constipation –

- Drink atleast 8-ounce glass of water or juice.
- High fibre-diet helps. Take 25-35 grams of fiber such as cereal, every day.

The combination of fiber and water intake can be increased up to three times a day to overcome constipation.

Suggestions for Constipation

- Take a stool softener like Colace, every day.
- Avoid sitting on commode for longer duration as it may promote straining.
- Do not read while sitting on the commode.

Smoking

If the surgical patient has a smoking habit, it can create a multitude of problems in the patient's recovery. The patient should not smoke two months before and two months after the surgery.

Contact Us If:

- You have a temperature of 100.5 degrees or higher.
- If experience excess bleeding.
- When pain medication cannot control the pain.