

AFTER HEMORRHOID SURGERY

- 1) Fill all prescription and non-prescription items (listed below) on your way home.
- 2) If you do not have a bowel movement (BM) within 24 hours after surgery take 2 TBSP Milk of Magnesia. If you do not have a BM within 4 hours after the Milk of Mag, take ½ bottle of Magnesium Citrate or Miralax (non-prescription) and follow the instructions on the label. If you do not have a BM within 36 hrs of surgery call the doctor.
- 3) The pain medication may constipate you. Therefore, take only what is prescribed to make you comfortable. DO NOT OVER MEDICATE.
- 4) Daily: Take a Surfak(docusate) capsule (non-prescription) daily for 2 weeks after surgery. This will lubricate your BMs so that they will pass easier.
- 5) Twice Daily: Mix Metamucil or Citrucel powder (1-2 tbsp) in a glass of water twice daily, and follow with a glass of water. Or, take 2 FiberCon tablets daily for 2 weeks after surgery. If having diarrhea STOP steps 4 & 5.
- 6) 48 hours after surgery you may fill your bathtub with comfortably warm water and sit on a folded towel before or after each BM or as often as you desire. These baths will be comforting and relaxing.
- 7) Apply your prescription anesthetic gel to a large cotton ball and place against the opening of the rectum. Do this after each bath and each BM for 2 weeks after your surgery.
- 8) NO HEAVY LIFTING – Do not lift more than 15 lbs for 48 hrs..
- 9) Daily: Drink at least six 8 oz glasses of water each day to keep your BMs soft. Coffee, tea, and soft drinks don't count.
- 10) Eat high fiber foods. No greasy, fried, fatty or oily foods, sugar or cheese –they are CONSTIPATING. Avoid carbonated drinks(soft drinks) as they may cause gas.
- 11) Daily: It is important to have at least 1 BM daily without straining. If you are constipated or your stools are hard it means you are not drinking enough water or not eating enough high fiber. If your stools are too hard, you may experience bleeding with your BMs. A small amount of blood is normal after surgery. If bleeding continues or is heavy call the Dr.

HORIZON SURGICAL SPECIALISTS

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