



LAKESIDE SURGICAL
ASSOCIATES, PA

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Hemorrhoidectomy Instruction Sheet
Discharge Instructions
Out Patient Surgery

1. Use a Fleets enema the evening before surgery and another one prior to leaving the house the morning of your surgery.
2. Take your pain medicine often and regularly.
3. Drink plenty of liquids.
4. Take Sitz Baths 2-3 times a day (sit in a warm tub of water for 10-15 minutes, not hot water and NO salts or perfumes).
5. Some bleeding with bowel movements IS expected.
6. Take at least 2 tablespoons of mineral oil every day until you stop taking pain medication-this should be about a week.
7. No nuts or popcorn for 2 weeks.
8. Take a bath or shower after a bowel movement. Do not rub hard afterwards –try to gently blot dry.
9. You will have a brownish red sponge come out with the first bowel movement – this is normal.
10. Do not use any ointments.
11. Avoid aspirin, motrin, naprosyn, Aleve for 1-2 weeks.