



MOUNTAINSTAR

**Lakeview Hospital**

*General Surgery*

**Lakeview General Surgery**

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## Post Operative Instructions for Hemorrhoid Repair

### Diet

1. Eat a regular high fiber diet with a considerable amount of cooked vegetables, fruits without skins and fruit juice.
2. Avoid spicy foods.
3. Drink greater than 64 oz of water or liquids without caffeine—daily.

### Wound Care

1. Use ice packs for the first two (2) days following surgery.
2. Take warm soaks / sitzbaths, shower 3 to 4 times a day, water as warm as can be tolerated.
3. Expect bleeding / drainage with bowel movements, so wear pads to protect underwear.

### Pain Meds

1. Motrin® 600 mg every 6 hours.
2. Lortab (or other pain medications prescribed) take as prescribed.
3. If nauseated or vomiting, take phenergan 25 mg, every six (6) hours (**YOU WILL HAVE TO CALL THE OFFICE FOR A PRESCRIPTION.**) Try to stay hydrated. If nausea persists, you need to be seen in the office. Call for an appointment.
4. **DO NOT DRIVE WHILE TAKING NARCOTICS.**

### Constipation

1. To avoid constipation;
  - a. Take 2 tablespoon of Metamucil® daily.
  - b. Colace®, 100 mg two (2) times a day
  - c. Milk of Magnesia, 30 cc am / pm.
2. If bowel movements become too loose stop Milk of Magnesia but stay on the fiber supplements.

### No Bowel Movement

1. If unable to have a bowel movement in 36-48 hours:
  - a. Take 3 Ducolax® tablets.
  - b. If no bowel movement within 4-6 hours after Ducolax® take 5 oz. of Citrate of Magnesia.

### Unable to Urinate

1. Try to void in a hot shower or bath.
2. If still unable to urinate go to the Emergency Room to have a catheter placed. The doctor in the office will remove the catheter in a few days.

### Call MD

1. Fever higher than 101.5.
2. Persistent nausea / vomiting.
3. Excessive bleeding, (bloody diarrhea / it is normal to pass some blood with bowel movements.
4. Increasing pain not relieved with above instructions.

### Appointment

Call the doctor's office as soon as possible after going home to set up your follow-up appointment; usually 7 to 10 days after surgery, and then again in 4 weeks for follow up check.