Hemorrhoid Removal

What to expect and how to prepare for your operation

A hemorrhoidectomy is surgery to remove hemorrhoids. This handout explains what to expect, how to prepare for your operation, and how to plan for your recovery.

Questions?

Weekdays from 8 a.m. to 4 p.m., call the Surgical Specialties Nurse Advice Line at 206-598-4549.

After hours and on weekends and holidays, call 206-598-6190 and ask for the resident on call for Surgery to be paged.

Or, ask for your surgeon to be paged:

Dr. __________________
How to Prepare for Your Operation

**Things to Remember**

- Read the handout on hemorrhoids that your nurse or doctor gave you. Ask any questions that you may have.

- **Shaving:** Do **not** shave any part of your body that you do not already shave every day. If you normally shave near your surgical site, do **not** shave that area for 2 days (48 hours) before your surgery.

- **Aspirin and other medicines:** Do **not** take any aspirin or other products that affect blood clotting for 1 week before your operation. Two of these are ibuprofen (Advil, Motrin) and naprosyn (Aleve, Naproxen). See attached sheet for more information.

- **Going home:** You **cannot** drive yourself or ride alone in a taxi or bus when you go home from the hospital. Make plans for a responsible adult to drive you home or ride home with you and stay with you the first night.

Call the Nurse Advice Line or Your Doctor If You:

- Have constant rectal bleeding
- Are not able to urinate
- Have rectal pain that is not relieved by your pain medicine
- Have a fever higher than 100.5°F (38°C)
- Have nausea and/or vomiting
- Have concerns that cannot wait until your follow-up visit

Remember:
Do not take any aspirin or other products that affect blood clotting for 1 week before your operation.
Diet

- It is very important to drink lots of fluids after your operation to keep your stools soft. Drink 6 to 8 glasses (8 ounces each) of water every day in addition to other liquids you drink with your meals.

- Start eating a regular diet as soon as you can handle it.

- Take an over-the-counter fiber supplement (available without a prescription), or eat foods that are high in fiber. Fiber content is given on the nutrition information label. Some examples are All Bran, Kashi Good Friends, and Fiber One.

Sitting

When you sit, use your donut pillow to lessen pressure on your rectum.

24 Hours Before Your Operation

- **Take 2 showers:** Take 1 shower the night before, and a second shower the morning of your operation. Use the antibacterial soap your nurse gave you to wash your body.

  Do **not** use the antibacterial soap on your face and hair. (See directions that came with the soap.) Use your own soap and shampoo on your face and hair. Use clean towels to dry off, and put on clean clothing.

- **Arrival time:** The pre-surgery nurse will call you by 5 p.m. the night before your operation. If you are having surgery on a Monday, the nurse will call you the Friday before. If you do not hear from the pre-surgery nurse by 5 p.m., please call 206-598-6334.

  The pre-surgery nurse will tell you when to come to the hospital and will remind you:

  - Not to eat or drink after a certain time
  - Which of your regular medicines to take or not take
  - To sip only enough water to swallow your pills
  - To make plans for an adult who can drive or ride home with you and stay with you the first night

- **Diet:** The day before your operation, eat and drink only clear liquids (liquids that you can see through). Some of these are Jell-O, apple juice, coffee and tea without milk, and chicken or beef broth.
• **Bowel preparation:** You will need to do a bowel prep the night before and/or the morning of your operation. This will clean out your intestines so the doctors can do your operation. Follow the written instructions your nurse gave you.

• **Heating blanket:** To reduce your risk of infection, you will be covered with a heating blanket to warm your body while you wait to go into the operating room. Ask for a heating blanket if you do not receive one.

**After Your Operation**

**Going Home**

Most people go home the day of surgery.

**Precautions and Self-Care to Speed Your Recovery**

Medicine given during and after your operation will affect you. For 24 hours after your operation, do **not**:

• Drive
• Drink alcohol
• Use any machinery
• Travel alone
• Sign any legal papers
• Be responsible for the care of another person

**Medicines and Pain Management**

• Take your pain medicine as prescribed.
• **It is very important that you take your stool softener as told so that you do not get constipated.**

You can take your regular medicines except for aspirin or other products that affect blood clotting. You can start taking these medicines 1 week after your operation.

**Bowel Movements**

Your first bowel movement will be very painful. You may sit in a bathtub of warm water to have your first bowel movement. This will help relax your rectal muscles and lessen the pain.

**Rectal Bleeding**

After your operation, it is normal to have blood on your toilet paper when you wipe your bottom. Your first bowel movement may cause some irritation or bleeding. This is to be expected. This area will heal over time.

**Incisions**

All your incisions will be inside your body.