

# **Advice after Haemorrhoidectomy**

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## **After the operation**

You should expect some discomfort when you move rather than severe pain. You can take simple pain killers such as paracetamol if you need any, please follow the instructions on the packet. By the end of the first week the wound should be virtually pain-free.

It is quite normal for the bowels not to open for a day or so after the operation. The first time you open your bowels may be a bit painful, but this rapidly improves. You may also see a small amount of blood mixed with your stool for a few days after the operation. This eventually stops.

## **When can I go home?**

Most patients will go home on the same day. Some patients may need to stay in hospital overnight.

## **Getting back to normal**

You are likely to feel very tired and need to rest 2 - 3 times a day for a week or more. You will gradually improve and within a month you will be able to return to your usual level of activity. It will take a month before your back passage feels normal again.

You can drive as soon as you can make an emergency stop without discomfort in the wound, i.e. after about 10 days.

You can restart sexual activities within a week or two, when the wound is comfortable enough.

You should be able to return to a light job after about one week and any heavy job within two weeks.

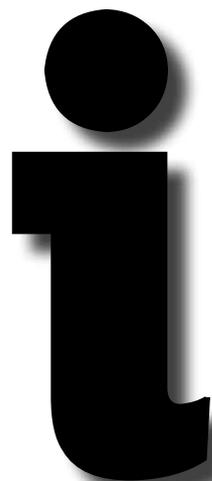
We recommend a high-fibre diet with plenty of fruit and vegetables. Drink at least 6 - 8 glasses of water daily. In addition, it is sometimes necessary to take a stimulant laxative for the first week or two.

Some discomfort and a little bloody discharge can be expected, especially after bowel movements, but this will diminish as healing progresses.

It is important to keep the area clean and dry. Avoid using dry toilet paper - instead use a warm flannel or moist soft tissue to keep the anal area clean and dry. Saline baths (1/2 cup of salt per bath) several times daily, especially after bowel movements, are good for hygiene, and are very soothing.

## **Day Surgery Unit**

**01722 336262 ext 4550 (7.30am - 7pm)**



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customercare@salisbury.nhs.uk](mailto:customercare@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: [www.salisbury.nhs.uk/FriendsFamily](http://www.salisbury.nhs.uk/FriendsFamily) or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

## Is there anything I should look out for after the operation?

After your operation, you should contact your GP, or the ward if you notice any of the following problems:

- increasing pain, swelling or discharge
- severe bleeding
- constipation for more than three days despite using laxative
- difficulty in passing urine
- high temperature over 38°C or feeling shivery
- nausea or vomiting.

## Where do I go for further advice?

If you need advice you can either telephone

Day Surgery 01722 336262 ext. 4550 week-days 7.30am – 7.00pm

Britford ward 01722 336262 ext. 4379

or contact your own GP