

### **Information Regarding Hemorrhoid Surgery, Rectal Exams, Rectal Abscess**

As your surgeon has discussed with you, hemorrhoid surgery is reserved for those patients that have no other options. Hemorrhoids are dilated veins that occur in the rectum. The surgical intervention is a one-day surgery that involves excising the dilated rectal veins.

Rectal Abscess is a pocket of inflammation and pus that need to be excised.

**Preparing for surgery:** get 2 **Fleets Enema**; this is over the counter, use as directed on box, one the night before and the morning of the surgery.

**Post operative** pain management includes pain medication and Valium to help you relax and control muscle spasms after surgery. Pain pills and Valium can be adjusted according to your needs. (Not to exceed 2 pain pills within 3 hours and Valium not to exceed 1 pill within 4 hours). Please use prescribed medication to help with pain control and muscle spasms.

***Sitz baths*** (can be purchased at any pharmacy) will help with pain control also. Please take sitz baths as often as you like and after every bowel movement.

***Vaseline*** may help with irritation and dryness around the rectum.

Your first bowel movement may be painful; you need to keep your stools loose prior to and after surgery. You can take **laxatives, stool softeners, fiber** this all will help with each bowel movement and need to be taken **several weeks prior** to and **after** your surgery and as long as you are on pain medication as this slows down the digestive tract which tends to constipate.

A **plug may be** inserted into your rectum to help control bleeding, and will either be spontaneously expelled with flatus or bowel movement that evening. If not, it can be simply removed by pulling the string the following morning. It's well lubricated and thus fairly easy to remove.

**Rectal bleeding:** will occur after surgery and will lessen with each postoperative day. Expect bleeding with bowel movements for 2 weeks or longer. A Kotex or sanitary pad can be used to help with bleeding. Sutures will dissolve; they do not need to be removed. The physician at your follow up appointment may clip exposed sutures.

**You may continue to have these problems for at least 4-6 weeks or longer after surgery. They will get better every day after surgery.**