



Colon and Rectal Clinic

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### **Instructions Following Excision of Thrombosed External Hemorrhoids**

1. A thrombosed external hemorrhoid is a blood clot beneath the skin around the anus. It results from bleeding from a broken blood vessel. The blood clot and the skin above the clot have been removed. You should know that you did not have a hemorrhoidectomy.
2. Change the dressing, the next morning or when you want to have a bowel movement. Sit in a warm tub to soak the dressing before removing it. Place a dry dressing over it at all times till the wound heals.
3. The day of surgery lie down and rest. This will minimize bleeding.
4. Avoid strenuous activity and heavy lifting for a day to prevent any significant bleeding.
5. Sitting in a tub of warm water for 10-15 minutes, 3-4 times a day and after every bowel movement will keep the area clean. This will also provide significant relief from pain. You may moisten your toilet paper and dab it clean. Do not rub with a wash cloth.
6. There will be pain and discomfort when the local anesthetic wears off. You may use the medication prescribed. If it is a mild pain use Tylenol or Motrin instead of the narcotic pain medication that was prescribed. The narcotic pain medication can constipate you and so it is prudent to combine it with a stool softener such as Colace (available over the counter).
7. It will take approximately 1-2 weeks for the skin wound to heal. Do not be alarmed if you notice some bleeding, discharge, or itching during this period. If excessive in amount you may call our office. Leaving a piece of gauze will keep the wound dry and avoid staining of your under garments.
8. Keep your stool soft to avoid injury to the skin wound. Patients find fiber supplements such as Konsyl, Metamucil, or Citrucel, 1 tablespoon, once or twice daily helpful in this regard. Over the counter stool softener such as Colace may be used. Laxatives such as Miralax, 17 gram packet dissolved in a 8 oz glass of water or 1-2 ounces of Milk of Magnesia may be taken once or twice daily for constipation refractory to the above measures. Drink 8-10 glasses of non-carbonated, caffeine free drinks or water per day.