

INSTRUCTIONS AFTER HEMORRHOID THERAPY

1. A regular diet is recommended, including fresh fruit and vegetables.
2. Drink 6 to 8 glasses of water or clear liquids each day.
3. Warm Sitz baths should be taken up to twice a day, lasting 10 minutes, especially after bowel movements.
4. Take 1 tablespoon of bulk stool softener in juice at bedtime.
5. Bowel movements after the procedure may be associated with some discomfort. This will improve as healing progresses. You should have a bowel movement every other day. If two days pass without a bowel movement, take an ounce of Milk of Magnesia and repeat in six hours if no results are seen.
6. A little bleeding with each bowel movement can be expected. If prolonged bleeding occurs, call us at once.
7. Avoid dry toilet paper. Use wet toilet paper or wipes to clean yourself.
8. Avoid strenuous exercise and heavy lifting until healing is almost complete. Climbing stairs, walking, car riding and driving may be done in moderation.
9. Post-operative office visits may be necessary to ensure proper healing. Call the office at 410-224-4887 to make your first appointment.
10. Continue taking any medications you took prior to your operation, except for laxatives. Check with your physician regarding aspirin or Coumadin.
11. You may want to purchase mini or maxi pads to absorb any drainage you might have.
12. If you have any questions, please call the office at 410-224-4887.