

Hemorrhoid Surgery

What are hemorrhoids?

Hemorrhoids are painful tissue in your rectum that contain swollen blood vessels. You may have hemorrhoids inside or outside your rectum, or in both places.

Hemorrhoids can be caused by:

- constipation
- diarrhea
- pregnancy

What happens during hemorrhoid surgery?

Hemorrhoids can be removed by surgery called a hemorrhoidectomy. You will have a general anaesthetic so that you will be asleep during the surgery. The incisions may be closed with stitches that absorb, or may be left open to heal naturally. The rectum is usually packed with gauze.

How will I feel after surgery?

After your surgery you will feel pain or discomfort. The amount of pain is different for each person. You may also feel sick to your stomach. If you have these feelings, tell your nurse. Your nurse can give you pain control medications to help. You may learn how to use a Patient Controlled Analgesia pump to give yourself pain control medication.

What should I expect after the surgery?

The gauze in your rectum usually comes out on its own within 24 hours, or can be removed the next day. There will be some swelling and tenderness around your rectum while the incision is healing. If you go home with the gauze in your rectum, it will come out on its own with your first bowel movement or sitz bath.

What can I do after surgery?

Hygiene

Wash the area around your rectum each day with warm water. Soaking in a warm, salt water bath tub will help your incisions feel better and heal faster. Try soaking for 10 minutes 4 times a day, and after each bowel movement. Add 240 ml (1 cup) of table salt to (25 to 30 litres) 6 to 8 gallons of bath water.

You will have some blood or other drainage with your first bowel movement. You can use a gauze dressing or a sanitary pad to absorb any drainage. Change the pad or dressing each time you have a bowel movement, or at least once a day.

Diet

You will be given a stool softener or bulk forming laxative to help you have a soft bowel movement. You should not strain to have a bowel movement. Pain control medications with codeine may cause constipation.

These things help prevent constipation:

- take the stool softener or laxative if ordered by your doctor
- eat foods high in fibre, such as whole grain cereal and bread, fruits and vegetables
- drink extra fluids like water or juice if you are allowed
- exercise regularly

Activity

You will get out of bed on the day of your surgery. Please ask your nurse to help you the first time you get up. As you feel stronger, you will be able to take longer walks. For the first few days, sit down gently and do not sit for long periods of time. You do not need a special pillow or cushion.

When should I see the surgeon again?

Make sure you have a follow-up appointment with your surgeon 1 to 2 weeks after surgery.

Call your surgeon if:

- your pain gets worse
- you have not had a bowel movement after 3 to 5 days at home
- you have increased bleeding from your rectum