

# **POST-PROCEDURE INSTRUCTIONS FOR EXCISION OF THROMBOSED HEMORRHOID**

## **Colorectal Surgery Services**

Thrombosed external hemorrhoids occur when a blood clot forms in one or more hemorrhoids outside the anus. They are very painful for the first few days because of the pressure under the skin. Opening the skin in the office or emergency room and removing the clot helps relieve the pain but does not remove the entire hemorrhoid.

A dressing may have been applied over the area. Leave it there for one day or until you have a stool. Replace the dressing twice a day until there is no drainage or bleeding. A Maxipad™ can be used as a dressing.

Avoid heavy or strenuous activities for one to two days. It is okay to walk or ride in a car for short distances. You may go up and down stairs.

You can resume your normal diet. Avoid foods that cause diarrhea or constipation.

There may be some pain for several days. You may have been given a prescription for pain medications. It is okay to use acetaminophen containing medications over-the-counter. Avoid medicine with aspirin or ibuprofen as they can cause increased bleeding.

It will take 1 to 2 weeks for the area to heal. Expect some drainage or bleeding during this time.

You will have an open area of skin to allow any more blood to drain or clots to come out. This is expected. If you have increasing bright red blood, you should place a bulky gauze dressing over the area and sit for one hour. You should report soaking through three dressings or more to your nurse or physician. If needed go to the emergency department.

Remember to follow the instruction given to you and see your physician or nurse as scheduled.

These written instructions **do not** replace a discussion with your physician or nurse. They may give you other instructions. They may change your instructions at anytime. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis or treatment plan.

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