

# **POST-PROCEDURE INSTRUCTIONS FOR** **INFRARED COAGULATION TREATMENT OR** **ELECTRODESTRUCTION TREATMENT**

## **Colorectal Surgery Services**

Infrared Coagulation treatment of hemorrhoids is a less invasive, less painful treatment for internal hemorrhoids. Infrared light is applied to the base of the hemorrhoid. This causes the blood vessel which supplies the hemorrhoid to coagulate and thus dry up the hemorrhoid causing it to recede. During your procedure several short bursts of infrared light may be used to treat one or more hemorrhoids. Several more treatments or visits may be needed to relieve your symptoms.

You may experience a dull ache after the procedure. It may feel as if you need to pass stool. This may continue for 1 to 3 days after your treatment. It will resolve with time. If it does not begin to decrease after 5 – 7 days call your physician. Most people take over the counter acetaminophen (Tylenol ®) for the discomfort. Avoid aspirin or ibuprofen containing medicines. Warm baths lasting for 10 – 15 minutes two to three times a day will help if needed.

Difficulty urinating is very, very rare. If you notice increasing problems passing urine, increasing fevers that are greater than 101.5° F (measure with a thermometer) on several occasions or severe and increasing pain, call your nurse or physician.

You may be active (drive, lift, walk, work) immediately. Avoid heavy lifting or vigorous activities. You can eat your usual diet. Remember to keep your stools soft and avoid constipation. If you become constipated take an over-the-counter laxative.

You may notice some bleeding for 3 – 7 days. The bleeding usually occurs when passing a stool. This is the hemorrhoid treatment site healing and is normal. If more than several cups of blood are passed per day, notify your doctor. You may not have any bleeding but the hemorrhoid will still be healing.

You may need to visit your doctor multiple times before your hemorrhoids are completely treated and your symptoms have resolved. Symptoms may include more bleeding, itching, hemorrhoid symptoms or hemorrhoid masses.

Remember to follow the instructions given to you and see your physician or nurse as scheduled. These written instructions **do not** replace a discussion with your doctor or nurse. You may get other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis or treatment plan.