



Dr. Hall's Hospital Discharge Instructions Following Hemorrhoidectomy

Activity

Proceed with your daily activities as tolerated. Walking following the operation is encouraged.

Diet

Eat a healthy and well-balanced diet consisting of 1.5 to 2 liters of water every day. Consume 25 to 35 grams of fiber every day. A separate information sheet on high fiber containing foods will be provided.

Wound Care

- **Absorbable sutures**
 - The wound is closed with absorbable sutures that dissolve over the first week or so. The wound may open a small amount which can be normal.
 - Wash the wound with regular soap and water daily.
 - Take Sitz baths three times daily and after every bowel movement.
 - Apply the Lidocaine 5% rectal cream to the area three times daily.

Medications

You will receive several medications on discharge from the hospital. Not all patients will be given all seven medications that are typically prescribed. These medications are listed below. The generic medications are preferred in most cases due to cost. Over the counter medications tend to be much cheaper as well.

- Oxycodone 5 mg every 6 hours
- Diazepam 5 mg at bedtime
- Tylenol 650 mg every 6 hours
- Ibuprofen 600 mg every 6 hours
- Docusate 100 mg twice daily
- Metronidazole 500 mg three times daily – do not consume alcohol while taking this medication
- Lidocaine 5% rectal cream or ointment

Follow Up and Results

Follow up in our clinic in three weeks for a wound evaluation and to discuss any results. If there are any problems or questions after surgery, please call our office at (731) 422-0304.