

Post-Op Recovery Guide – (Hemorrhoidectomy / Anorectal surgery)

Diet & Bowel Habits

- **Hydration:** Drink at least 8–10 glasses of water daily to keep stools soft.
 - **High-Fiber Diet:** Eat plenty of fruits, vegetables, and whole grains.
 - **Stool Softeners:** Take a stool softener or fiber supplement (like Metamucil or Senna) as directed by your doctor to avoid straining.
 - **Don't Linger:** Do not sit on the toilet for long periods. Go only when you feel the urge and do not strain.
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Activity

- **Movement:** Walk short distances several times a day to improve blood flow.
 - **Rest:** Take it easy for the first 1–2 weeks; avoid strenuous activity or heavy lifting.
 - **Sitting:** Use a "donut" pillow or a soft cushion when sitting to relieve direct pressure on the rectal area.
 - **Driving:** Do not drive while taking narcotic pain medications.
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Pain Control & Comfort

- **Sitz Baths:** This is the most important step for comfort. Sit in 2–3 inches of warm (not hot) water for 10 minutes, 3–4 times a day, especially after a bowel movement.
 - **Medication:** Take prescribed pain medications as instructed. Do not wait for the pain to become severe before taking them.
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Wound Care & Showering

- **Showering:** You may shower 24 hours after surgery. Gently pat the area dry; do not rub or scrub.
 - **Bleeding:** A small amount of bright red blood and yellow-tinged drainage on your dressing or in your stool is normal for the first few weeks.
 - **Cleaning:** Use a sitz bath or a squeeze bottle with warm water to clean yourself after bowel movements instead of dry toilet paper.
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When to Call for Help

Call the Clinic (661-219-2643) if you have:

- Fever over 100.4°F.
- Severe pain that is not relieved by your medication.
- Inability to urinate (this is common after rectal surgery—call immediately if this happens).
- Excessive or continuous bright red bleeding.
- No bowel movement for 3 days.

Call 911 or go to the ER for:

- Chest pain or shortness of breath.
- Severe leg swelling.
- Loss of consciousness.

Follow-Up: Call the office at **661-219-2643** to schedule your follow-up appointment for 1–2 weeks after surgery.