

### Hemorrhoidectomy Discharge Instructions

- No lifting more than 15 pounds for two weeks unless otherwise instructed.
- No driving until tomorrow. Otherwise, OK drive when you have stopped using prescription pain pills.
- Resume regular activities tomorrow unless otherwise instructed.
- Sitz baths or tub soaks as needed for comfort.
- Avoid constipation. Avoid straining for bowel movements. May use fiber laxatives, stool softeners, or Milk of Magnesia as needed.
- Use stairs as tolerated.
- Avoid intercourse if painful.
- Expect small amounts of bleeding from rectal area.
- Resume your regular diet and medications unless otherwise instructed.
- Return to work determined by surgeon.
- If you have any of the following occur, please contact your doctor:
  - Chills or fever over 101°
  - Persistent nausea or vomiting
  - Severe pain not relieved by medication
  - Redness, drainage, foul odor, or swelling at surgical site
  - Heavy bleeding from rectal area other than what was described by your doctor.

Additional Instructions and Medications: \_\_\_\_\_

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Follow up Appointment: \_\_\_\_\_ AT \_\_\_\_\_

**If you have any questions regarding your care, please contact Northwest Iowa Surgeons at 712-262-6320.**