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## **WHAT TO EXPECT AFTER A HAEMORRHOIDECTOMY**

Haemorrhoids are prolapsing mucosa of the distal rectum containing an abundance of blood vessels. As the haemorrhoid enlarges, it bulges into the anal canal and eventually may protrude at the edge of the anus (prolapse). Haemorrhoids can cause discomfort or bleeding.

Haemorrhoids are treated under general anaesthesia and supplemented with a local anaesthetic block. You will be required to stay 1 night in hospital.

### **What to expect after surgery**

After the anaesthetic block has worn off, there may be discomfort and it may be difficult to initially pass urine.

Recovery takes about 6 weeks on average but the first week or two are usually the worst.

### **Going home after surgery**

- You can expect pain after haemorrhoid surgery and you will be given a prescription for pain relief. Please take it as prescribed.
- Some bleeding and or discharge is normal. A pad will often be necessary initially and can be purchased at a Chemist.
- Sometime there can be a sensation to defecate with urgency but this usually settles quickly.
- Ice packs applied to the anal area may reduce swelling and pain and frequent soaks in warm water (sitz baths) help relieve pain and muscle spasm.
- Take the antibiotic Flagyl for 5 days.
- Use stool softeners to help make your bowel movements smooth. Straining during bowel movements can cause more pain.

Dr Doudle will see you in about 6 week after the procedure for post-operative review

### **Problems**

#### **Early problems**

- Severe bleeding (up to 7/10 days post-op)
- Haematoma (a collection of blood)
- Inability to control the bowel or bladder
- Infection & faecal impaction (rare)

#### **Late problems**

- Failure of the wounds to heal
- Recurrent haemorrhoids
- Residual tags & imperfections
- Anal stricture

**Should you experience any severe problems after your procedure please contact Dr Mark Doudle on 07 5564 6310 or after-hours attend your local hospital emergency department**