

INSTRUCTIONS FOR EXCISION OF A THROBOSSED EXTERNAL HEMORRHOID *In Office*

A thrombosed hemorrhoid is a rupture of a varicose vein on the outside of the anus with blood accumulating beneath the skin.

*What has been done today involves cutting the skin over the clot and removing the clot itself. **It is important to realize that you have not had a complete hemorrhoidectomy performed in the office.***

- A dressing has been placed over the wound. This should be left in place until your next bowel movement or until the next morning when it can be removed.
- Stop taking **Aspirin** for 7 days after the procedure.
- No strenuous activity should be undertaken for the next 24 hours to prevent excessive bleeding. Avoid heavy lifting (15-20 lbs.) for the first week or so after the procedure.
- There will be pain when the local anesthetic wears off. Tylenol or Ibuprofen will usually control this, but a mild narcotic may also be prescribed. *Narcotics can cause constipation.*
- It will take approximately 10-14 days for the skin wound to heal. Do not be alarmed if bleeding, discharge, or itching occurs during this period of time as it is normal.

Important Items to Remember:

- Keep your bowels moving daily. Take an over-the-counter fiber supplement or stool softener daily as needed.
- Anal hygiene is important. Wash or sit in the tub after bowel movements. *See our sheet on Sitz Bath.*
- Return to the office as directed by the provider. Do not hesitate to call us with us questions – 314-434-1211.